

Entertainment

Junos turn focus on fresh talent

pg 27



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Celebrity pg 30



Paris may be living single life again

Canucks fans asked to behave

Police warn public to drink responsibly during playoffs

WESTON STEELE
for Metro Vancouver



With the playoffs two days away, Vancouver police are bracing for a celebratory crowd still oozing with excitement over Canada's Olympic hockey gold.

Police officers will be visible in the downtown core and enforcing liquor laws like they did during the Olympics, Const. Lindsey Houghton said yesterday.

"Anytime you have tens, sometimes hundreds of thousands of people out on the streets, if a majority of them are drinking, or some of them are severely intoxicated, unfortunate things can happen to them," he said.

Houghton added police don't plan on closing liquor stores early, but certain factors such as crowds, weather and game results will be part of any decision to cut off liquor sales.

One of the recommendations of the commission after the 1994 Stanley Cup riots was that the Vancouver Police Department close liquor stores early.

"We don't want a repeat of what happened in 1994," said Houghton.

"We think based on what we've seen through the Olympics ... that we've moved on from that."

Game 1 against the L.A. Kings is on Thursday at GM Place at 7 p.m. on CBC. Game 2 was scheduled for Saturday night, also at The

Henrik Sedin

• Henrik Sedin said it still hasn't sunk in that he's the NHL's scoring champion. Story, page 12.

Garage, which forced the Harlem Globetrotters to cancel their event booked for that same evening.

To accommodate Globetrotters fans, a matinee game will take place at the Abbotsford Entertainment Sports Centre on Saturday, in addition to a game already scheduled there for Sunday night.

Fans will receive refunds, and tickets purchased for the Vancouver show will not be valid for the one in Abbotsford.

ShareYourViews

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Conan O'Brien said yesterday he'll return to late-night television in November on TBS.

As Vancouver show looms, O'Brien announces TBS gig

TELEVISION Conan O'Brien, whose Legally Prohibited From Being Funny on Television show hits Vancouver today, has announced he'll be back on late-night TV in November.

O'Brien has chosen TBS as his future talk-show home, after an absence that began in January when he abruptly left NBC.

The new program will air Mondays through Thursdays at 11 p.m. EDT.

O'Brien's show will originate from Los Angeles, where he moved from New York for his short-lived stint hosting The Tonight Show.

Upon TBS' announcement yesterday, he fired out a celebratory tweet.

"The good news: I will be doing a show on TBS starting in November! The bad news: I'll be playing Rudy on the all-new Cosby Show," he posted on Twitter.

Conan hits the Orpheum Theatre in downtown Vancouver tonight and tomorrow.

THE ASSOCIATED PRESS
MORE COVERAGE, PAGE 4



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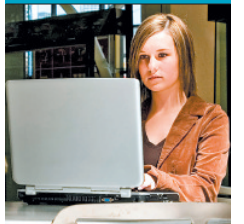
Homeless need tents: Activists

Beauty pg 22



Dos, don'ts for every curl

Learning Curve pg 14



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Local

Playland opens April 24

It'll be a sure sign that summer is just around the corner when Playland at the PNE opens its gates on April 24. The beloved amusement park, which features the iconic wooden rollercoaster — will be open on weekends and holidays until June 27, and will open full-time during the summer.

METRO VANCOUVER



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B.C. unveils per-patient scheme for hospital funds

HEALTH The province has announced a new funding system for 23 of British Columbia's largest hospitals that will see them paid per patient in an attempt to reduce wait times and cut costs.

Health Services Minister Kevin Falcon said yesterday that under the new model, hospitals will have a financial incentive for treating patients faster because they'll be competing with other facilities to get money.

Pilot projects involving patient-focused funding for hip and knee replacements, breast cancer diagnosis, spinal surgery and speedier service in emergency departments have shown the system increases efficiency, Falcon said.

He said that in two years, about 20 per cent of hospital funding in B.C. will involve patient-focused funding and the rest will continue under the current block payment model.

The new model is based on one in Britain, where the National Health System was overhauled several years ago. However, that system came under fire from critics who said hospitals favoured less complex cases and that quality suffered.

THE CANADIAN PRESS

Sponsored tents to replace shelters?

LAURA FORTEY
for Metro Vancouver

Anti-poverty advocates are asking Vancouverites to sponsor tents for the homeless at \$100 each.

Hundreds of the red tents could go up around Vancouver by the end of this month if the city follows through on the planned closure of seven cold-weather shelters over the next few weeks, said John Richardson of Pivot Legal Society.

"We are hoping to get 100 tents sponsored," he said, adding it'll be up to the homeless to decide where in the city to camp.

"There are a number of parks that have been mentioned."

Fraser, who did not



Fraser, left, a resident of the Aboriginal Central Shelter, examines a red tent which will be given out to the city's homeless when the shelter closes down at the end of April.

want his last name used, is a resident of the Aboriginal Central Shelter on Central Street.

"(The tents are) probably the No. 1 option ... not the

best solution, though," he said.

The first shelter is scheduled to close on April 20.

"Where else are we going to go?" Fraser said. "If I had an apartment building or condo, I wouldn't want to wake up in the morning and have to step over somebody, but (the homeless) guy has no choice."

More than 600 people call the HEAT shelters home and Fraser claimed about 60 per cent of the people in his shelter have jobs.

"(When the shelter closes) I have no address. This is my home. What am I going to do, show up (at work) with my big bag of clothes ... I don't think so," said Fraser.

Retiring SUCCESS CEO proud of group's work

KRISTEN THOMPSON
kristen.thompson@metronews.ca

OUTREACH It's the personal stories of new Canadians who found hope and happiness through the help of SUCCESS that proves to Tung Chan — the Vancouver organization's CEO — that his tenure has been of consequence.

Chan announced his upcoming retirement earlier this month and said all members of the organization should be proud of how it's evolved.

SUCCESS launched 37 years ago to help newcomers from China integrate.

It now has 29 offices around British Columbia, with programs in dozens of languages helping immigrants, at-risk youth, seniors and the First Nations community.

One woman from China spoke at a fundraising event for the organization's depression hotline and nearly brought Chan to tears.



Tung Chan, CEO of SUCCESS, outside the organization's Chinatown office yesterday. Chan announced his pending retirement earlier this month.

"This woman had post-partum depression. By chance she saw an ad for that hotline," Chan said.

She called the number, spoke with volunteers and found help.

"She came back and worked as a volunteer with us, made friends and she now has a happy life. That makes me feel it's worth my time to do what I do."

Chan's also proud that, under his leadership, the board of directors has gone from all Chinese to a multi-cultural panel.

"That shows that my (mission) to make SUCCESS a more multi-cultural organization reflecting the cultures of the people we serve (has been realized)."

Chan will retire on Nov. 1.

Man booted from Hells Angels after assault, weapons arrest

VIOLENCE A Hells Angels member from the East End Vancouver chapter has been "stripped of his gang member identity," said Insp. Brad Desmarais of the Vancouver Police Department.

Juel Ross Stanton, arrested in relation to two violent incidents at Ivanhoe pub on Main Street, is facing assault and weapons charges. He was released on bail yesterday with a list of strict conditions.

Stanton's identity as a Hells Angels member was "the one thing he relied on to intimidate people," said Desmarais.

He has "been told not to wear, display or use any Hells Angels clothing, logos, colours or paraphernalia in any public place, including all of his motor vehicles and properties," said Desmarais.

The 41-year-old "is not to associate with any Hells Angels club member ... except his son Dillon."

Desmarais said Stanton's conditions also include no possession of weapons or illegal drugs, no drinking at any licensed establishment and a curfew between 10 p.m. and 5 a.m./

LAURA FORTEY
FOR METRO VANCOUVER

Taser can't challenge inquiry: Lawyers

WEAPONS B.C. government lawyers said Taser International has no right to use the courts to dictate the regulations that govern the use of their shock weapons.

The province is asking a Vancouver court to toss out the Arizona-based weapons manufacturer's challenge of a public inquiry report prompted by the death of Robert Dziekanski at Vancouver's airport.

Lawyer Craig Jones says Taser's main complaint is simply that

it disagrees with the inquiry finding the weapons cause harm and can kill.

Taser International should have no more say over the regulations on its shock weapons than cigarette manufacturers have over second-hand smoke regulations, Jones argued.

Taser has filed a petition asking the B.C. Supreme Court to quash the report, claiming the conclusions weren't based on the evidence and that Braidwood and others involved were biased.



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WHAT'S ONLINE TODAY

Video Civilian deaths and a foiled suicide attack mark a chaotic day in Kandahar at metronews.ca/world
Video Terry Fox's family launches cancer research effort to mark the 30th anniversary of his run at metronews.ca/canada



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News in brief

THEFT Police are asking for help finding 18 MacBook laptops stolen from James Anderson Learning Centre in Langley. The thieves were seen fleeing in a small SUV.

BULLYING Tomorrow is Anti-Bullying Day, otherwise known in B.C. as Pink Shirt Day.

Premier Gordon Campbell introduced it to raise awareness about bullying, encourage victims to ask for help and to create a province-wide anti-bullying policy in schools.

DEATH RCMP have identified the 16-year-old girl whose body was found submerged

along the waterfront in Prince Rupert as Emmalee Rose McLean.

MURDER A 28-year-old Langley man has been charged with second-degree murder in connection with the death of a Surrey man last year.

METRO NEWS SERVICES

A Vancouver high school student will be running around 250 kilometres across the Northern Sahara Desert in Tunisia starting on Saturday to raise awareness about the importance of access to clean water. Kajsa Heyes will be joining three other students from Kelowna, Calgary and Pittsburgh. **METRO VANCOUVER**

Countdown to Conan

All about Coco

1 Conan O'Brien was the managing editor of his high school newspaper and won a national award for one of his short stories.

2 After graduating as high school valedictorian, he studied at Harvard University and wrote his thesis on the use of children as symbols by William Faulkner and Flannery O'Connor.

3 In 1988, O'Brien joined Saturday Night Live as a writer and wrote, among other sketches, Mr. Short-Term Memory.

4 He joined The Simpsons from 1991 to 1993 and co-wrote Marge vs. the Monorail and Homer Goes to College.

5 From The Simpsons, O'Brien went on to host Late Night With Conan O'Brien from 1993 to 2009.

6 In 2009, he took over The Tonight Show from Jay Leno, a gig that lasted seven months.

7 The comedian has won two Emmy Awards and a handful of other comedic writing honours.

First of two Vancouver shows tonight

KRISTEN THOMPSON
kristen.thompson@metronews.ca

On TBS

- Conan O'Brien's new, yet-to-be-named late-night show on TBS will be available in 100.4 million of the United States' 114.9-million TV homes starting in November.
- On cable, he'll square off against Comedy Central's The Daily Show With Jon Stewart and The Colbert Report. O'Brien faces Jay Leno during the second half of his show.

TOUR For hundreds of Vancouverites with Conan O'Brien tickets, the long wait for his back-to-back shows at the Orpheum Theatre is almost over.

The former late-night talk-show host is taking his comedy tour, Legally Prohibited From Being Funny on Television, to 30 cities this spring and is in Vancouver tonight and tomorrow.

The show promises to be a night of "music, comedy, hugging and the occasional awkward silence," according to its official website, teamcoco.com.

On his Twitter site, O'Brien warned fans to brace themselves "for a towering tsunami of dry, self-deprecating humour" and that attendance will cure all diseases.

He'll be accompanied on stage by sidekick Andy Richter and his former Tonight Show band.

O'Brien is prohibited from appearing on TV until September, according to the conditions of his severance deal with NBC, where he hosted The Tonight Show from June 2009 to January 2010.

He had taken over the program from former host Jay Leno, but was dethroned and replaced by Leno amid falling ratings.

The move galvanized O'Brien's fans, who started the now-famous "I'm With

Coco" fan club, and the scandal became fodder for comedians and late-night talk-show hosts — including Leno and O'Brien — for months.

NBC reportedly paid O'Brien and his staff an estimated \$32 million in severance.

Fans unable to make his Vancouver shows, fret not. Conan will be performing at Seattle's Marion Oliver McCaw Hall on April 18 and 19.

Conan O'Brien



Tony Parsons joins CBC newscast

ANCHOR Just four months after longtime television news anchor Tony Parsons signed off from one Vancouver broadcast, he's turned up at another.

Parsons, who was the face of BCTV/Global News for more than three decades, has signed on to be co-host of CBC News Vancouver's dinner-hour broadcasts.

Parsons, 71, joined Global forerunner BCTV in the early 1970s and spent 35 years reading the Vancouver newscast. He was inducted into the Canadian Broadcast Hall of Fame last year.

Parsons left Global last December and in recent weeks has been anchoring CHEK TV's news program in Victoria.

Parsons will continue doing that gig at 10 p.m. but he'll commute to Vancouver to co-host CBC's 5 p.m., 5:30 p.m., and 6 p.m. weekday newscasts alongside Gloria Macarenko.

THE CANADIAN PRESS



Tony Parsons



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Vacations

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Tony Parsons is joining our team.

He's the face of Vancouver news. And now, Tony joins CBC News Vancouver.

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has been a part of the local conversation. What's going on in the city, what matters to the community and what does it all mean for you and your family? CBC News Vancouver lives up to its promise to keep you connected to the things that are relevant.

You need to know what's going on right now, so when stories break,

locally and across British Columbia, the CBC News Vancouver team is here to tell you what's happening and help explain what it means for you. Tony asks the questions you want answered.

You want the whole story,

so Tony and the team give you context and analysis on the issues that matter to you, to help you make informed decisions.

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the times for your local news will be changing. We want you to stay connected no matter what, so visit cbc.ca/bc for daily updates and to watch your local newscast streamed online. Plus, **CBC News Vancouver at 6** is now simulcast on CHEK TV.

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CBCnews

Quebec City Mayor Régis Lebeaume is opening the streets of the city to a treasure hunt that will award the winner with a ticket to outer space. The winner will get a chance to briefly experience the weightlessness of space during a suborbital flight. A radio station will distribute clues, with a winner expected by September. **THE CANADIAN PRESS**

Canada



Thirty years later, new hope

Family and friends of Terry Fox, left, launched a new cancer research effort yesterday to mark 30 years since he began his Marathon of Hope. The Terry Fox Research Institute's Atlantic Node would unite cancer-care experts in Atlantic Canada — where cancer rates are among the highest in Canada — with those across the country. The Terry Fox Foundation has so far raised \$500 million for cancer research. **THE CANADIAN PRESS**

News in brief

SMOKING A ban of smoking in Toronto restaurants may be paying big health dividends, a new study suggests. Rates of hospitalizations for heart attacks as well as heart and respiratory disease conditions plummeted after the city's ban on smoking in restaurants came into effect, according to the study, published yesterday in the Canadian Medical Association Journal.

NUKE FEARS Hundreds of kilograms of weapons-grade uranium imported to Canada from the U.S. will be sent back south, amid fears it could fall into terrorist hands, in a deal announced by Prime Minister

Harper yesterday. Starting this year, the uranium will head south, where it will be converted by the Federal Department of Energy into a form that cannot be used for nuclear weapons.

COURTS A corruption case against five Toronto police officers can go ahead after years of delays, the Supreme Court ruled yesterday. The charges were first laid against the former drug squad members in 2004, but the investigation into the officers' conduct began a decade ago. The country's top court did not give any reasons for its decision yesterday, as is customary. **THE CANADIAN PRESS**

Tories stay quiet on Guergis case

Prime Minister Stephen Harper was acting on a complaint from a third party when he demoted his embattled women's minister, banned her from caucus and referred her case to the Mounties, the House of Commons heard yesterday.

That was the only progress the Opposition made in demanding answers about why Harper asked the RCMP and the ethics commissioner to investigate former cabinet minister Helena Guergis. Liberal Leader Michael Ignatieff said the government is hiding behind the investigations.

"There are 'serious allega-



Opposition Leader Michael Ignatieff in Ottawa yesterday.

tions' surrounding the conduct of this minister but we still don't know what they are," said Ignatieff.

"How long will the government hide behind the ethics commissioner and the Mounties? This sordid

tale has been going on for six weeks."

But with Harper at a summit in Washington, the Conservative government wasn't giving any hints about what's involved.

Transport Minister John Baird told the Commons only that the allegations were made by a "third party." He said Harper acted quickly and appropriately when he learned about the allegations against his former status-of-women minister.

"The RCMP and the ethics commissioner will come to their own conclusions, as is proper, on this issue," Baird said.

THE CANADIAN PRESS

Alleged terrorist leader gets day in court

TRIAL Crippling Canada's infrastructure and leaving its population devastated were the goals of an alleged homegrown terror cell, a jury was told yesterday as the final trial in the so-called Toronto 18 case began hearing evidence.

"He wanted to cripple Canadian infrastructure."

Crown attorney

Parliament, power grids and nuclear facilities were the intended targets in an attack that Fahim Ahmad hoped Canada would never recover from, the Crown said as it laid out its case against three men arrested almost four years ago.

Three men are on trial, charged with various terrorism offences, but at the heart of the plot were the machinations of one man plotting destruction, said Crown attorney Iona Jaffe.

"This trial is about a man named Fahim Ahmad, who the Crown alleges led the terrorist group and about some of the men who helped him," Jaffe told the five-woman, seven-man jury.

"Fahim Ahmad began to talk about his plans to strike specific Canadian targets: Parliament, electrical grids, nuclear stations," Jaffe told the jury. "He wanted to cripple Canadian infrastructure."

Ahmad, 25, Asad Ansari, 25, and Steven Chand, 29, were arrested in June 2006 in a police sweep that captured headlines worldwide. All three are charged with participating in a terrorist group. They pleaded not guilty to their charges in court yesterday.

THE CANADIAN PRESS

Afghanistan Another fallen Canadian



Soldiers carry the body of Pte. Tyler William Todd to a transport plane at Kandahar Airfield yesterday, in a ceremony attended by over 1,500 Canadian and NATO troops. Todd was killed by a powerful roadside bomb on Sunday just outside a village near Kandahar City, Afghanistan.

Diplomat who warned of torture to testify

PRISONERS Richard Colvin ignited a political powder keg last year when he told a parliamentary committee that Canada ignored warnings of torture involving Afghan detainees.

The diplomat returns to the public eye today, appearing before the military police watchdog's probe into the treatment of war prisoners in Afghanistan.

It's his first appearance before the cameras since he told a special House of Commons committee last

November that nearly all prisoners captured by Canadian troops in 2006 and 2007 were tortured by Afghan authorities.

Generals, senior federal officials and cabinet ministers denied the charges.

Colvin's testimony will be the first the Military Police Complaints Commission hears from beyond military ranks.

So far, the witnesses have all been members of the Canadian Forces and the military police.

Civil liberties groups say Canadian military police did not properly investigate officers responsible for directing the transfer of detainees to Afghan authorities, allegedly at the risk of torture.

Transferring prisoners between countries knowing they likely face torture is considered a war crime.

THE CANADIAN PRESS

MURRAY BREWSTER/THE CANADIAN PRESS

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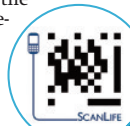
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New Roman-era mummy found in Egypt

Egyptian archaeologists discovered an intricately carved plaster sarcophagus portraying a wide-eyed woman dressed in a tunic in a newly uncovered complex of tombs at a remote desert oasis, Egypt's antiquities department announced yesterday. It is the first Roman-style mummy found in Bahariya Oasis some 300 kilometres southwest of Cairo. **THE ASSOCIATED PRESS**

7

World



Ex-soldier admitted stealing secrets: Docs

Court documents released yesterday show that a former Israeli soldier admitted stealing classified military secrets to reveal Israeli "war crimes" against Palestinians. Anat Kamm, 23, has been charged with passing information to a journalist with the intent of harming national security. Her case drew wide attention because a court gag order kept her arrest out of Israeli publications, while the world media were reporting it freely. **THE ASSOCIATED PRESS**

Deepest volcanic vent found

British discovery could offer clues to origin of life on Earth

Scientists using a remote-controlled submarine have discovered the deepest known volcanic vent and say the superheated waters inside could contain undiscovered marine species and perhaps even clues to the origin of life on Earth.

Experts aboard the RRS James Cook said they found the underwater volcanic vent more than five kilometres beneath the

surface of the Caribbean in an area known as the Cayman Trough, a deep-sea canyon that served as the setting for James Cameron's underwater thriller *The Abyss*. Geologist Bramley Murton, the submersible's pilot, said exploring the area was "like wandering across the surface of another world," complete with spires of multicoloured mineral deposits and thick collections

"(The scenes around the vent) were like nothing I had ever seen before."

Bramley Murton, geologist

of fluorescent blue microorganisms thriving in the slightly cooler waters around the chimneys.

The scenes "were like nothing I had ever seen before," Murton said.

Volcanic vents are areas

where sea water seeps into small cracks that penetrate deep into the Earth's crust. Temperatures there can reach 400 C, heating the water to the point where it can melt lead.

THE ASSOCIATED PRESS

India Love match



Pakistan's former cricket captain Shoaib Malik and Indian tennis star Sania Mirza pose during their marriage ceremony yesterday in Hyderabad, India.

News in brief

CONTROVERSY The Vatican responded yesterday to allegations that it had concealed years of clerical sex abuse by making it clear for the first time that bishops and other high-ranking clerics should report such crimes.

NUKES The White House announced yesterday that Ukraine was giving up all its enriched uranium, marking success for a major U.S. arms control initiative before the Obama-led nuclear summit began. **THE ASSOCIATED PRESS**



Scan this code for more World news. See the Local page to learn how to scan.

Russia says human error may be at fault in crash

TRAGEDY Russian investigators suggested human error may have been to blame in the plane crash that killed the Polish president and 95 others, saying yesterday there were no

technical problems with the Soviet-made plane.

The Tu-154 went down Saturday while trying to land near Smolensk airport in western Russia. The pilot had been warned

of bad weather in Smolensk, and was advised by traffic controllers to land elsewhere — which would have delayed the Katyn observances.

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Comment

Tory reputation at risk

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

One of the positive claims the Harper government has been able to make is that it has avoided scandal of the on-the-take variety. This government may be ethically corrupt — there are dozens of examples of underhanded dictatorial conduct — but there have been no instances of monetary corruption, of anyone lining their pockets.

Corruption of the latter kind stung both the Mulroney and Chr tien governments and hurt the reputations of each prime minister. Jean Chr tien was never tied directly to the sponsorship scandal wherein lower level Liberals were on the take. But the Prime Minis-

ter's Office had oversight of the sponsorship program. In the Mulroney government, there were ministerial resignations over shady dealings and Mulroney himself is still trying to clear his name for having accepted cash payments from German dealmaker Karlheinz Schreiber.

The troubles currently surrounding bad girl Helena Guergis do not appear to be in a league with some of Ottawa's bigger scandals, but the risk is that she torpedoed the government's record of rectitude.

It's rare when a prime minister will call in the Mounties to investigate one of his ministers. Much of the limited information avail-

Helena
Guergis



able points to a possible influence peddling scandal featuring Guergis, her husband, Rahim Jaffer, and assorted unsavoury types with whom Jaffer, the former MP, kept company. The more that is learned about the hot-headed Guergis, the latest being that she could hardly keep staff for more than a week at a time, the more one wonders why the tightly run government didn't rein her in.

Critics called on Harper to fire Guergis weeks ago. It's something he probably wishes he had done before she started adding to her blunder streak, which began with her childish temper tantrum at the Charlotte Town airport.

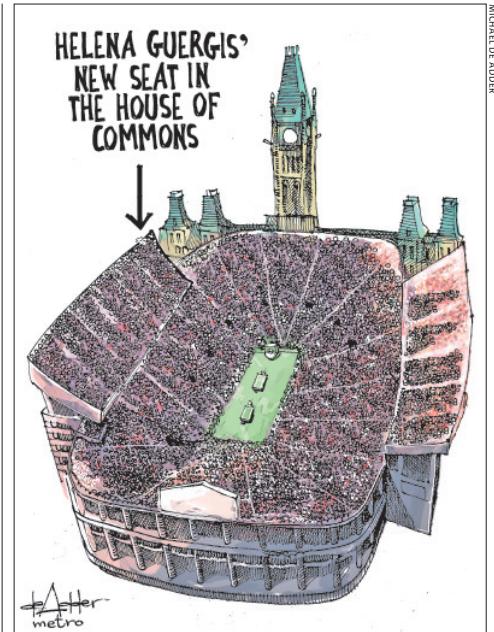
The PM has often been slow to unload

troublesome ministers. He allows them to dangle while the media and the opposition feast. This was the case with former defence minister Gordon O'Connor and former environment minister Rona Ambrose. In the case of then foreign affairs minister Maxime Bernier and bikergate, he moved more quickly.

The Oliphant Commission, which is looking into the Mulroney matter, is due to report within the next month or two. The public will be reminded of that low-level operation at the same time as the Guergis one is being investigated. It's the kind of link the Harper government was hoping to avoid.

The PM has often been pilloried for being a control freak. With people like Helena Guergis in his cabinet, it's easy to understand why he felt he had to be that way.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADOR

Worth mentioning

U.K. scientific institution turning into soap opera

The Royal Institution has spotlighted Britain's proud scientific achievements for more than 200 years, but the august charitable body is now in danger of descending into farce, with the governing council just managing to squelch a rebellion yesterday.

Queen Elizabeth II and Prince Charles are the group's patrons; past luminaries include Michael Faraday, a pioneer of electromagnetic studies who founded the series of Royal Institution Christmas science lectures that continue to this day, and other trailblazers.

But the current members seem devoted to drama, not science.

A group of rebels challenged the existing Royal Institution leaders at a special meeting last night, hoping to install their own governing council, with an

eye toward reinstating Susan Greenfield, a distinguished neuroscientist who was ousted as director in January.

The existing board advised members to suppress the coup by

voting against the change, saying it would bring uncertainty at a time when the Royal Institution is saddled with substantial debt. And Greenfield — a baroness

who sits in the House of Lords — has filed sex discrimination charges, saying she was unfairly dismissed.

The rebels' bid failed, but the rivalries within the institution have been laid bare for all to see.

The financial crisis, internal battles and litigation do not bode well for the Royal Institution, founded in 1799 and long a fixture in central London.

THE ASSOCIATED PRESS

Views

Be proactive with your child's safety

InStep

Christine
Williams

If town criers still existed I'd be ringing the bell and shouting warnings to parents to predator-proof their children in light of Graham James being granted a pardon by the National Parole Board.

Our show On The Line has featured many experts from police sex crime units over the years. Recently, we opened our phone lines for public feedback about the James case. As we listened to callers express their dis-

gust with the parole board, what struck me the most was the level of fear some parents expressed for their child's safety. One woman actually questioned how she could know if her son was being molested in a public washroom. Another woman was scared to enrol her son in sports — period. I realized at this point just how deep this issue was affecting some parents so we shifted the discussion to one about common sense ways to protect our children.

I drew from my former experts on the topic and I'll reiterate some key points that all parents should know when it comes to predator-proofing children. Starting with their M.O., predators typically seek out positions

that put them near children. They will even befriend someone with children to be near the kids. Predators know children well: Their fears and the vulnerable points of entry into a child's heart. They are also proficient liars and will tell your child anything to convince them to comply to their sinister wishes. Luring children on the Internet is another huge problem, so make sure computers are placed in high-traffic areas in the home.

With those horrors in mind, we need to intermittently teach our children about good and bad touches, communicate regularly with them about their day, watch for unusual signs — like reluctance to talk to you and/or withdrawal. It

is also vital to keep in regular contact with adults who are spending lots of time with our children and have opportunity to be with them alone.

In the James case, as soon as he came out of jail, he went to Spain to coach more hockey. According to former victim Sheldon Kennedy, James has never apologized nor shown remorse. No one knows where James is now, nor the location of every other predator — past or present. So while we continue to hold authorities accountable for public safety, taking proactive measures with our children is our best option.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Tell us your views by email to vancouverletters@metronews.ca or comment on metronews.ca or on Twitter @vancouvermetro

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Canada's oldest retailer, the Hudson's Bay Company, announced yesterday that following the retirement, June 1 of chief executive officer Jeff Sherman, the company will be run out of New York by its owner, Richard Baker, president and CEO of NRDC Equity Partners. **THE CANADIAN PRESS**

Business	DOLLAR US 99.67¢ US .07¢	GAS US \$4.008 US 6.2¢	OIL US \$84.34 US 58¢	TSX 12,148.66 28.18

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Economy recovering, but slowly: Poll

The Bank of Canada's spring survey of businesses is providing further evidence that the economic recovery is taking hold, even as key decision-makers expect improvements will be gradual rather than robust.

Canadian firms are saying they expect sales to increase modestly over the next year. They also plan to hire more workers and invest more on new equipment and machinery.

But most companies also report that they are operating below their capacity and expect to do so for at least the next six months.

"Firms expect a modest increase in sales volumes following declines over the past year," the central bank said Monday.

"Firms reported that sales expectations are supported by the U.S. general economic recovery, an improving near-term U.S. eco-

Bankruptcies down

• Fewer Canadian firms and consumers went broke in January compared with December, an indication of improving economic conditions. The 6.7 per cent decrease in insolvencies between December and January of

this year was the biggest in 20 years, according to the federal bankruptcy office. The superintendent of bankruptcy's office says January usually marks an increase in the number of insolvencies.

THE CANADIAN PRESS

nomical outlook, and, in a growing number of cases, their own initiatives to reposition themselves for

growth."

The quarterly survey of 100 key firms is also often cited by the central bank

as a factor in its forecasts and decisions about interest rates.

The latest result, while positive, is also muted enough that it is unlikely to put additional pressures on the Bank of Canada to move more quickly than it otherwise would have on interest rates.

Recently, some economists have predicted the central bank will start raising interest rates at its next scheduled announce-

ment date on June 1, about a month-and-a-half before governor Mark Carney's conditional commitment.

With the economy growing at an expected six per cent clip in the first quarter, on the heels of a five per cent advance in the last three months of 2009, there is no longer any need to keep the policy rate at the emergency level of 0.25 per cent, the analysts argue.

THE CANADIAN PRESS

Toyota problems may date to 2004

AUTO Toyota was seeing numerous customer complaints about software problems in some of its models as early as 2004, according to documents filed as part of a Canadian lawsuit against the company.

The documents from Toyota acknowledge problems with the automatic transmissions in Camry, Sienna, Highlander and Lexus ES vehicles.

"Lexus dealer owners are using the term 'franchise threatening' regarding this issue," says one internal document, dated Aug. 6, 2004, and labelled as confidential.

It adds that the Lexus dealers were doing a good job "shielding" Toyota from the complaints, but warns that a fix is needed soon.

The documents were filed in the Ontario Superior Court as part of a lawsuit against Toyota Canada by a Toronto woman.

Karen Stekel claims Toyota is responsible for an accident in which she allegedly lost control of her Lexus ES330 and drove it into a tree, causing her "serious and permanent injuries."

Stekel's lawyer, Ted Charney, will be in court today to argue that parent company Toyota Motor Corp. should be added to the list of defendants, which currently include Toyota Canada, the dealership that sold Stekel her car and the company that financed the purchase. He will also argue that Stekel should be awarded punitive damages by the company.

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More flights were on time last year

TRAVEL Some things did go right for airline passengers last year: Planes were more likely to land on time and bags less likely to get lost.

As a result, passengers reported fewer complaints in 2009 even while cash-strapped airlines reduced flight schedules and charged for everything from bags and pillows to prime spots in boarding lines.

Airline performance has been improving over the past two years. In 2007, the year air travel surged to its busiest level since before the attack of Sept. 11, 2001, and airline performance suffered a near meltdown. Last year, however, there

were 704 million U.S. airline passengers, compared with 770 million in 2007.

The findings, based on an analysis of government statistics, are in the latest annual report by private researchers.

One cloud in the otherwise friendly skies was a slight increase in denied boardings, mostly bumpyings due to overbooking.

THE ASSOCIATED PRESS

Japan Making progress



Japan's Finance Minister Naoto Kan said at a press conference in Tokyo yesterday that Japan is making a solid recovery but faces problems from deflation and debt. Since Prime Minister Yukio Hatoyama swept into power last summer, stock prices have risen and the yen has depreciated, Kan said.

WePad Another rival



Helmut Hoffer von Ankershoffen, managing director of the Neofonie company, poses with the new WePad tablet PC in Berlin yesterday. The German maker of a new tablet computer is setting out to rival Apple's iPad with the promise of even more sophisticated technology.

Takeover rumours send Palm shares soaring

TECH Palm Inc. shares surged yesterday on persistent rumours that the phone maker is exploring the possibility of selling itself to an outside buyer, CBC News Online reported yesterday.

Although the company has declined to comment, the stock was up more than 16 per cent to more than \$6 on the Nasdaq yesterday.

Yesterday's surge comes after Palm shares gained more than 30 per cent last week on the same speculation.

Multiple reports suggest the company has hired investment bank Goldman Sachs Inc. and takeover specialists Catalyst Partners to strategically advise the company.

METRO NEWS SERVICES



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business 11

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Don't try keeping up with the Joneses

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

If you listen closely around the urban corridors of this land you will hear the faint sounds of belts loosening. We're spending again! Retail sales have crept up in most categories, notably in footwear (gotta cover those tootsies), appliances and furniture. And as the dollar teases prime, cross-border shopping is, once again, becoming a weekend pastime.

But with those numbers comes the question — why are we spending? A surprising number of people buy stuff in or-

der to keep pace or face with family, friends or co-workers. This kind of spending can put you on a path to debt and dissatisfaction.

One couple I worked with had a circle of friends who went out for a fancy dinner together every couple of weeks, continuing a tradition they'd developed pre-kids. With baby sitters, drinks, tips, etc., they were blowing nearly \$500 a month, money they simply didn't have. The cost just kept mounting up on their credit cards.

After agonizing about their situation they fessed up. To their surprise they found everyone was experiencing similar difficulties with their enjoyable habit. But no one wanted to be the first to say, "We can't afford this anymore." One of

the wives actually wept with gratitude at having their big secret out in the open.

The same group still meets regularly but now they take turns hosting. The kids are stashed in the family room with a sitter hired for the group, the food is potluck, the drinks are BY-

OB and the entertainment is, wait for it, board games. Each week a different couple dusts off one of the boxes they have stashed in the basement. Clue, Risk, Trivial Pursuit, Cranium, Mastermind, Balderdash. Fun!

Another couple were part of a yacht club crowd. They kept up the membership, even after the husband was downsized, for fear of losing their friends and, even worse, looking like losers. Two years after selling their boat they have a whole new set of friends who kayak.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

ALISON'S MONEY RULE
Spending to keep up with the Joneses or keep friendships intact is a one-way street to debt and dissatisfaction.

Consider second-tier companies

Investing

Allan Small

metronews.ca/investing

Many of the large cap companies in the U.S. and Canada saw their stock prices devastated during the recession. However, since then, many of them have bounced back from their lows, with some even doubling in price since March 2009. So, with this in mind, where can an investor put their money to

still take advantage of the growth yet to come?

There are two types of investments. The first would be to choose investments or companies that have lagged the recent rally. These types of investments are becoming harder and harder to find as the market continues to rise, but they still exist.

The second type of investment to consider would be what the market calls "second derivative" investments. These are companies or investments that do well feeding off the success of other companies or investments. Best Buy is an example of a second de-

riivative investment, as it could be the benefactor of the success of the new products sold through its stores, such as the Apple iPad. With the new iPad being sold through Best Buy, if the product is a success, it could really help Best Buy's bottom line.

Investment ideas that seem to be working in this market have not changed in the last year. The growth areas are still the same. Sectors like technology, infrastructure, financial, commodities and oil have all done well and continue to perform well. However, as their prices rise, these sectors start to look a little pricey for the average investor to make an initial investment.

Allan Small can be reached at asmall@dundeesecurities.com. The views expressed are not necessarily those of Dundee Securities.

On the web

Money Matters: Henry Choo Chong talks about Ontario's new harmonized sales tax and rebates. Visit metronews.ca/moneymatters to read his column.



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The Toronto Blue Jays have placed second baseman Aaron Hill on the 15-day disabled list with a hamstring injury. Manager Cito Gaston says the team wants to be cautious with the all-star player and not risk further damage. **THE CANADIAN PRESS**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Newest Jet suspended four games

Newly acquired Jets wide receiver Antonio Holmes, left, was suspended yesterday without pay by the NFL for the first four regular-season games for violating the league's substance abuse policy. The league announced the suspension a day after the Jets acquired the talented but troubled Holmes from the Pittsburgh Steelers for a fifth-round pick in this month's draft.

THE ASSOCIATED PRESS



Henrik Sedin speaks to the media at GM Place yesterday.

'It's surreal,' Sedin says of trophy triumph

WESTON STEELE
for Metro Vancouver

Henrik Sedin said it hasn't quite sunk in yet that he's the Vancouver Canucks' first Art Ross trophy winner.

"I don't think it's in my mind right now," Sedin told media at GM Place yesterday. "It's tough to understand. It's surreal."

He finished with 112 points, three more than the Penguins' Sidney Crosby and the Capitals' Alex Ovechkin, the NHL's two most prominent and marketable players.

"It's a good thing for Henrik and his teammates," said head coach Alain Vigneault. "That's not just a reflection on Henrik, but a combination of everybody's play."

Sedin said his phone was ringing off the hook Sunday and he even received a call from ex-teammate Markus Naslund, who was edged out by Peter Forsberg on the final day of the 2002-03 season for the Art Ross trophy.

Sedin had said he wasn't focused on the trophy during the final weeks of the

season, but after the 7-3 win against the Calgary Flames last Saturday, he realized he had a legitimate shot.

"I was happy going into Sunday with the lead and I had three points up on (Ovechkin) so I felt I had a chance," he said.

Henrik and his brother Daniel took a lot of heat early in their careers for their seemingly soft, non-physical and "non-Canadian" play that earned them the name "Sedin sisters." Any questions of their manhood now, after combining for 197 points this season, have been put to rest.

"It's taken some time for people to appreciate Swedish players and realize they are winners too and we are winners," said Sedin. "We don't have to be 'ra-ra' to win something."



SCOREBOARD

MLB

YESTERDAY'S AL RESULTS

Chicago White Sox 8 Toronto 7 (11 inns)
Kansas City 10 Detroit 5
Minnesota 5 Boston 2
Oakland 4 Seattle 0
Tampa Bay 5, Baltimore 1
Texas 4 Cleveland 2 (10 inns)

YESTERDAY'S NL RESULTS

Chicago Cubs 9 Milwaukee 5
Cincinnati 6 Florida 5 (10 inns)
Philadelphia 7 Washington 4
San Diego 17 Atlanta 2
St. Louis 5 Houston 0
Pittsburgh at San Francisco

TODAY'S AL GAMES

Kansas City (Bannister 0-0) at Detroit (Willis 0-0), 10:05 a.m.
A. Angels (E. Santana 0-1) at N.Y. Yankees (Pettitte 0-0), 10:05 a.m.
Tampa Bay (Niemann 0-0) at Baltimore (Matusz 1-0), 4:05 p.m.
Chicago White Sox (Floyd 0-0) at Toronto (Romero 0-0), 4:07 p.m.
Oakland (B. Anderson 0-0) at Seattle (Fister 0-1), 8:10 p.m.

TODAY'S NL GAMES

Arizona (J. Kennedy 0-0) at L.A. Dodgers (Kershaw 0-0), 1:10 p.m.
Cincinnati (Arroyo 0-0) at Florida (N. Robertson 1-0), 4:10 p.m.
N.Y. Mets (Maine 0-0) at Colorado (C. Smith 0-1), 5:40 p.m.
Pittsburgh (Maholm 0-1) at San Francisco (Cain 0-0), 7:15 p.m.

NBA

YESTERDAY'S RESULTS

Toronto 111 Detroit 97
Atlanta 104 Milwaukee 96
Charlotte 105 New Jersey 95
Denver 123 Memphis 101
Miami 107 Philadelphia 105
New York 114 Washington 103
Orlando 118 Indiana 98
San Antonio 133 Minnesota 111
Houston 117 Sacramento 107
Portland 103 Oklahoma City 95
Dallas 117 L.A. Clippers 94

TODAY'S GAMES

Boston at Chicago, 5 p.m.
Utah at Golden State, 7:30 p.m.
Sacramento at L.A. Lakers, 7:30 p.m.
Denver at Phoenix, 7:30 p.m.

NHL

PLAYOFF MATCHUPS

EASTERN CONFERENCE
Washington (1) vs. Montreal (8)
New Jersey (2) vs. Philadelphia (7)
Buffalo (3) vs. Boston (6)
Pittsburgh (4) vs. Ottawa (5)

WESTERN CONFERENCE

San Jose (1) vs. Colorado (8)
Chicago (2) vs. Nashville (7)
VANCOUVER (3) vs. Los Angeles (6)
Phoenix (4) vs. Detroit (5)

Road to Cup looks tougher for Penguins this season

NHL The Pittsburgh Penguins are heading into the playoffs as the fourth seed in the Eastern Conference, just as they did when they won the Stanley Cup last season.

Again, they usually win when Sidney Crosby and Evgeni Malkin show up frequently on the scoresheet, and often lose when they don't. Dan Bylsma is still behind the bench. Marc-Andre Fleury remains in net.

As far as similarities go, that's about it.

Unlike last year, when they jetted into the playoffs as one of the NHL's hottest teams, going 18-3-4 in their final 25 games following Bylsma's hiring, the Penguins are playing erratically. After beginning the post-Olympic break with a four-game winning streak, they won successive games only once more in their final 16 games.

The playoff opponent is very familiar — this is the third time in four seasons the Penguins and Ottawa Senators meet in the first round. Pittsburgh lost in five games in 2007, its first playoff appearance since 2001, but won in a sweep the following season.

Maybe playing the dangerous Senators will "drive us into playing some good hockey," centre Jordan Staal said, starting with Game 1 on Wednesday night.

The Penguins had only one challenging round while winning the Eastern Conference the last two seasons, needing seven games to eliminate Washington last year. In 2008, they lost only

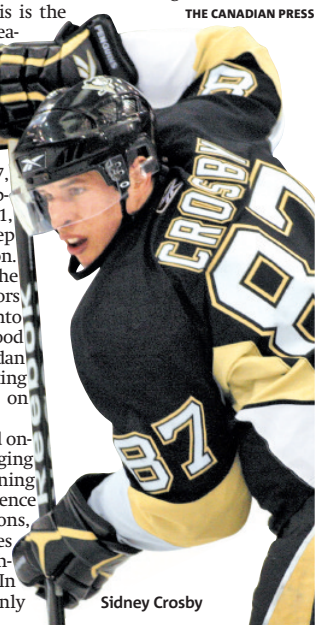
two games, one each to the Rangers and Flyers, in three rounds.

The route to the finals appears to be much more difficult this year. As challenging, perhaps, as it has been for the Penguins to "get to our game" — one of Bylsma's favourite phrases and a rarely reached goal of late.

"I like our guys in terms of being playoff tested and playoff proven," Bylsma said. "We know how we are going to need to play."

The biggest concern: The Penguins' inability to beat the conference's top two teams. They lost all four to the Washington Capitals, two in extra time, and all six to the New Jersey Devils. Should the top four-seeded teams advance past the first round, the Penguins might have to beat both teams — each time without the home-ice advantage — to return to the finals for the third straight season.

THE CANADIAN PRESS



Sidney Crosby

Sports in brief

MLB Major League Baseball commissioner Bud Selig says he's concerned about the slow pace of ball games. Selig says some games drag on when pitchers take too long between pitches and hitters constantly step out of the batter's box.

NFL The Tennessee Titans have agreed to terms with Chris Simms, bringing back a quarterback they had in 2008 as he worked himself back into shape. The Titans announced the move yesterday, making Simms the third quarterback on the roster with Vince Young and Kerry Collins.

NFL Authorities announced yesterday that they will not charge Pittsburgh Steelers quarterback Ben Roethlisberger after a college student accused him of sexually assaulting her at a nightclub last month. Ocmulgee Circuit District Attorney

Fred Bright said the 20-year-old student's accusations could not be proven beyond a reasonable doubt, and her lawyer said in a letter that she did not want to press charges.

NFL Jason Campbell has signed his \$3.1-million US tender with the Washington Redskins, taking him off the market as a restricted free agent while leaving open the possibility of a trade. Campbell was given permission to explore a trade after Donovan McNabb was acquired from Philadelphia last week.

NBA Andrea Bargnani had 33 points, Amir Johnson scored a career-high 26 and the Toronto Raptors improved their playoff prospects by snapping a five-game losing streak with a 111-97 victory over the Detroit Pistons last night.

METRO NEWS SERVICES

Twins win first game at new home

MLB The Minnesota Twins have finally moved into their own place.

They held the housewarming party outdoors. After 28 seasons inside the dingy Metrodome, the Twins broke in Target Field by beating the Boston Red Sox 5-2 yesterday behind hometown star Joe Mauer in the first regular-season game at their new ball-

park. Jason Kubel hit the first home run — "I'll remember for the rest of my life," he said — and Carl Pavano earned the first victory.

"I've been waiting a long time," said Mauer, who grew up less than 10 miles away in St. Paul. "It's definitely a special place, and I'm glad it's here."

THE ASSOCIATED PRESS

CN extends sponsorship of Canadian Women's Open

CN extended its sponsorship of the LPGA's Canadian Women's Open through 2013 yesterday. The three-year extension, which includes a two-year option, will see CN also continue its sponsorship of the Canadian Women's Tour and Future Links junior program. **THE CANADIAN PRESS**

sports 13

Blue Bombers roll dice on QB Pierce

Buck Pierce doesn't want to be labelled a fragile quarterback.

After the free agent signed with the Winnipeg Blue Bombers yesterday, he addressed concerns that he's been injury prone during his five-year CFL career.

One report last season said the former B.C. Lions

Stats

• Buck Pierce has played 86 regular-season games since joining the Lions in 2005, completing 65.2 per cent of his passes. He started 34 games and posted a 21-12-1 record.

starter suffered two concussions in 2009 and a total of five during an 11-month span.

Pierce said those numbers are "false." He confirmed one concussion last season, but noted he returned to

action until an injury to his non-throwing shoulder in October ended his season. "In my mind, there really is no number," Pierce said of his concussion history.

"Things have kind of gotten so blown up and so spread out. You know, it's kind of become like a fairy tale or like an urban legend or something. It's a lot bigger than it is. "I couldn't even put a number on it. Last time I spoke to trainers, they cleared me. They said I was healthy and that's what Winnipeg needed to hear and that's what I needed to hear."

The 28-year-old New Mexico State University product was released by B.C. last month after the Lions signed Casey Printers to a contract extension.

At the time, new Bombers head coach Paul LaPolice said the team may not be interested in Pierce because of concerns about his concussions.

"Once we spent time talking to the B.C. Lions medical staff and then we had our people talk to him, we said there would be no different problems than any other player," LaPolice said after yesterday's news conference.

THE CANADIAN PRESS

Liddell to take on Franklin at Vancouver UFC main event

MMA Former light-heavyweight champion Chuck (The Iceman) Liddell will take on former middleweight title-holder Rich (Ace) Franklin in the main event of UFC 115 in Vancouver June 12.

Liddell had been expected to fight Tito (The Huntington Beach Bad Boy) Ortiz for a third time in the marquee

bout at GM Place. The two are currently serving as rival coaches on Season 11 of The Ultimate Fighter, a reality TV matchup that is traditionally followed by a pay-per-view showdown.

In announcing the card yesterday on its website, the



Chuck Liddell

UFC did not offer a reason for the main event switch. But rumours of Franklin replacing Ortiz on the show and as Liddell's opponent have been surfacing for weeks.

Asked about the reason for the main event change, UFC president Dana White teasingly

texted: "Gonna have to watch TUF."

The 40-year-old Liddell (21-7) has not fought since UFC 97 last April, when he was knocked out by Mauricio (Shogun) Rua. Franklin (27-5 with one no contest) is a former 185-pound champion who now campaigns as a light-heavyweight.

THE CANADIAN PRESS

Sports in brief

MLB Mark McGwire drew a standing ovation before the Cardinals' home opener yesterday, a sign many St. Louis fans have forgiven the former home run king for using steroids. There was a burst of applause even before the official introduction prior to the game against the Houston Astros. McGwire is the Cardinals' hitting coach. **THE ASSOCIATED PRESS**

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Learning Curve

SPECIAL FEATURES EDITOR: SARAH.CAIRNS@METRONEWS.CA

Take your job search online

The Internet offers many benefits for researching career options

RAFAEL BRUSILOV
for Metro Canada



Planning your career path can seem daunting, but a little web surfing can make your choices a lot clearer.

Going online to research your career options has many benefits — it's convenient, free, involves little personal risk and can be a great starting point to get a sense of what industries and careers are out there that match your interests and skills.

Shirin Khamisa, a career coach at Careers By Design, says while some freestyle web-surfing is fine to get your bearings, make sure you do eventually set goals for your research sessions to ensure you spend your time wisely and don't get over-

Log on

- Here are a few sites to get you started, suggested by career coach Shirin Khamisa (careersbydesign.ca):
- Government of Canada: labourmarketinformation.ca
- National Occupational Classification: hrsdc.ca.ca
- Industry Canada: ic.gc.ca

whelmed or discouraged.

"When you open the computer, ask yourself, 'What are my objectives with this research? What am I looking to find?' That can make a big difference in terms of keeping yourself focused," Khamisa said.

For finding out more about different jobs, the Government of Canada offers a great resource, which



Researching your career options online is a great starting point.

lets you search through job descriptions and skill requirements for thousands of occupations, find out what wages and salaries are like in different industries and even where to go to get trained for specific jobs.

Industry Canada also lists thousands of employers un-

der job categories including brief descriptions of companies with their website and contact information as well so you can research individual employers in your chosen field.

Many public libraries and educational institutions throughout the country

also offer access to Career Cruising software, which contains in-depth job profiles including information about standard working conditions, expected earnings, education and training needed and plenty of other great resources.

Similar information can be found at the National Occupational Classification offered by Human Resources and Skills Development Canada.

Khamisa says the right attitude is crucial when searching out career options — keeping an open mind makes the process less intimidating and can inspire you to consider career changes you might never have thought of before.

"Having that adventurous spirit really helps people move forward with change," Khamisa said.

Real world experience can ease your transition

RICHARD WOODBURY
for Metro Canada



Unfortunately, there is no 1-2-3 step guide to help students transition from the classroom to the professional workplace, but for 24-year-old James Haga, the key was applying what he was learning in the classroom to activities in the real world.

"Throughout the time I spent in university and college, the most important thing I did was ... getting out of the school and into the community," says the director of advocacy for Engineers Without Borders Canada.

As a student, Haga volunteered in the social sector. This enriched his learning experience, something many of his classmates didn't take advantage of.

"They were scared they wouldn't be able to find work in that area and you're not going to be able to find it unless you go out and make yourself available," he says. "The earlier you do, the better off you're going to be."

It's also important students be willing to seek out help, says Chris Nguyen, a 27-year-old from Toronto who graduated from Ryerson in 2005. This could include talking to former grads or individuals one would define as successful.

"Don't be afraid to ask. Ask for help," he says.

Even if students take all the right steps, it will take time for those efforts to pay off, says Jessica King, a 31-year-old Halifax resident who graduated from Nova Scotia's Community College's tourism and hospitality management program in 2007.

7 steps to keep you grounded in the hunt

YLVAN VAN BUUREN
for Metro Canada



Looking for work can be one of the toughest jobs you ever have to do. While it's important to establish good work habits during this time, experts advise that you also build activities into your day that help reduce stress and keep your spirits high. Here are some to try:

Breathe

To centre yourself any time, Laura Warf, a fitness and mind/body specialist in Saint Saveur, Que., recommends this yogic breathing exercise. With your hands

together at the sternum in a prayer position, take a deep breath in to the count of four and sweep the arms open and up as if drawing a big circle. When hands are above your head, slowly bring hands back together to the count of four and down the centre line back to your heart.

Meditate

When you are feeling frustrated or depressed, sit quietly and observe your feelings. Whatever comes up — sadness, tears, etc. — allow them, says Warf. Stay with the emotion until it passes and you have a feeling of peace. It usually takes a few minutes.



Meditation is a technique you can use to reduce stress.

Use affirmations

At any time during the day, repeat a meaningful affirmation to yourself. One suggestion: "I have the pow-

er to manifest my dreams."

Practice yoga

Certain poses affect the way you feel about yourself. For example, the Tree pose is grounding and energizing. Warrior 1 and Warrior 2 are empowering poses that connect with your energy centre and build confidence. Child's pose is a restorative and relaxing pose.

Aerobic exercise

Use any type of regular physical activity to take your mind off your troubles and reduce anxiety and stress, says Oakville, Ont., stress expert David Posen. Feel-good hormones released during

aerobic exercise help improve your mood.

Time-outs

Schedule regular time-outs (go for a walk, work on a puzzle, learn to play an instrument) to clear your mind.

Use visualization

Sit quietly in a relaxed position. Close your eyes and visualize your perfect job and work environment until your breathing is slow and deep.

"At the end of the day, try to look at this time of transition as a gift of time," says Posen. "It's an opportunity to take a breather ... Pace yourself and make the time pleasant while you job search."

Cutline

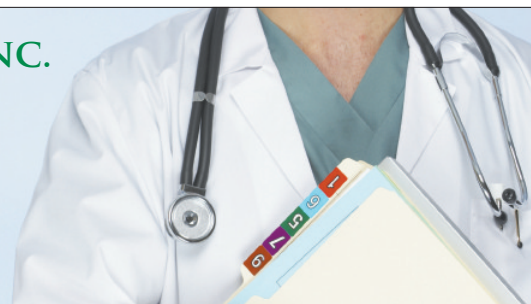
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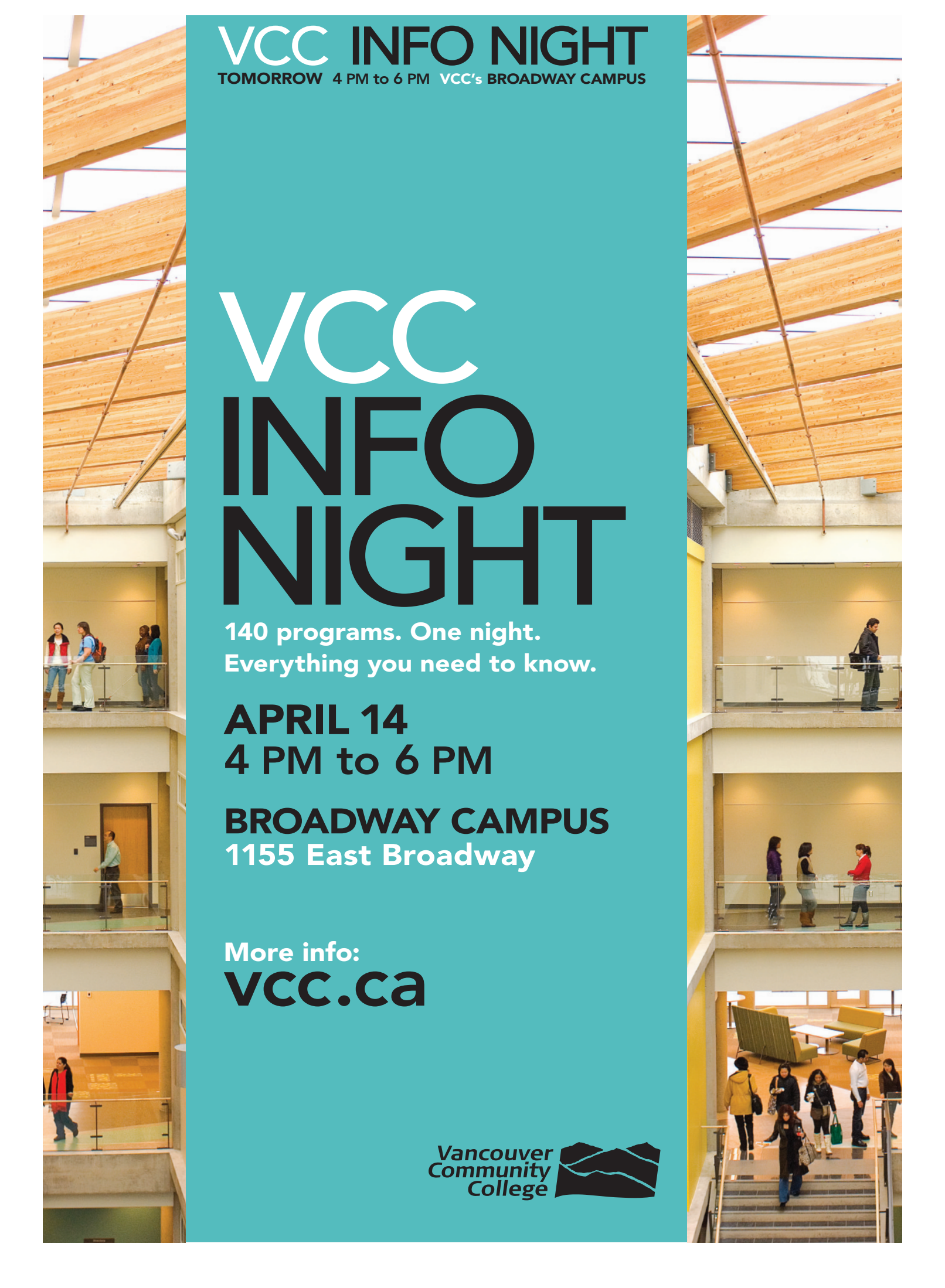
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Tuesday, April 13, 2010

Learning Curve is
a special feature that focuses
on education and student life.



52-Week Job entrepreneur Sean Aiken seen at left as a jump instructor, top as a snow shoe guide and bottom as a pizza maker.

Get yourself a '52-Week Job' internship

KEITH CARMEN
for Metro Canada



Who says today's youth can't hold a job? In the course of one year—February 2007 to March 2008—28 year-old Vancouverite Sean Aiken had 52.

Yes, the Business Administration graduate held one job per week for a year. While that seemingly cements consensus about young people's inability to stay focused or committed, this quick employment turnover is exactly what Aiken set out to do: Discover where to turn after school/with the world at his fingertips.

"When I was looking for a job, I saw these important-sounding titles but had no idea what the job would actually be like," he admits about the impetus for what came to be

dubbed the One Week Job Project (one-weekjob.com), an experiment in holding various pre-arranged gigs for no more than seven days. "I was scared at the thought of committing to one, not liking it and then feeling trapped."

Disapproving of dedicating himself towards attaining a "dream job that (I'd) end up hating," much like test-driving a car, Aiken contrived a means of trying out different vocations: an open call via internet that anyone, anywhere in the world could offer him work for one week. Salaries earned were to be donated to the ONE/Make Poverty History campaign.

The concept quickly picked up momentum, taking Aiken around North America to employ

as everything from the good

(Cancer

Fundraiser

for Princess Margaret Hospital

Foundation,

fashion

ion buyer

and organic

dairy farmer)

to the bad and ugly, most

notably disliking picking

cattails in a swamp. "It

was plus-35 (degrees),

tonnes of bugs, smelled

bad and had gruelling 12-

hour days."

One year, endless expe-

rience and over 20,000 donated

dollars later however, Aiken

admits that the One Week Job

Project was inestimable in teaching

him the value of life over profes-

sion. "I realized that those who

are

most passionate about their jobs

have a vision of how they're contrib-

uting to something greater than

themselves," he appraises, adding

that the undertaking has also spawned

some unexpected side-effects: Every-

one from inspired collegiates to frus-

trated CEOs have inundated Aiken

with queries and accolades.

In response and as a means of

sharing this opportunity, the One

Week Job Co-Op Program has been

established. Taking place this

summer, three candidates will

participate in eight prearranged one-

week jobs earning both knowledge

and a \$3,000 honourarium. Aspiring

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www.oneweekjob.com for conditions.

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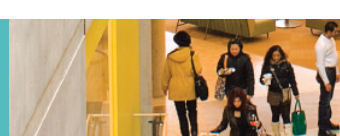
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Learning Curve is
a special feature that focuses
on education and student life.

learning curve **17**

SFU rakes in nine travel grants

LINA TOYODA
for Metro Vancouver



Nine graduate students from Simon Fraser University are among 250 students across Canada who received a prestigious research-related travel grant from the federal government.

The Michael Smith Foreign Study Supplements (MSFSS) are awarded to top scholars in their respective fields to offset travel and accommodation costs while working abroad on their master's or doctorate research.

Each of the nine SFU grad students who were awarded the \$6,000 grant will take to their work around the globe, from Latin America and Europe, to Asia and Africa.

Their research spans a wide range of issues and disciplines including psychology, biological and health sciences, Latin American studies, computing science, English, sociology and archaeology.

Sarah Bull, one of the recipients, will be traveling to London in October for eight months for her PhD re-

search in English on 19th century obscenity and sexual identity in Britain.

She will be looking at the connection between obscene fiction and the scientific studies of sexuality called sexology at the time.

"Ultimately what my project is aiming to do is to discover how these bodies of written work impacted the development of the western notion of sexuality as an important aspect of personal identity," Bull said.

"It's a very hard thing to balance economic development ... and to help ... citizens."

Perry Stein, SFU

Latin American studies MA student Perry Stein will be studying urban social exclusion and the effects of urbanization in Quito,

Ecuador.

He says Latin American cities and the developing world are dealing with an economic framework that is concerned with profit maximization and economic efficiency. Often, the poor or indigenous people are excluded in the process, he said.

"These are things every city has to deal with. It's a very hard thing to balance economic development, which is necessary to help a city grow to be successful and prosperous and to help



SFU grad student Perry Stein received a prestigious travel grant from the federal government for his research in Latin American studies. Stein will be travelling to Quito, Ecuador (above).

its citizens because you can't help them without money," Stein says.

He says he hopes to continue to work with urban issues in the future.

"The part of the study that is most important is that Quito is a case study and the processes that are happening in Quito — the relationship between urban development and social exclusion — these are things that are happening everywhere," Stein said.

Emily Darling, a biological sciences grad student at

SFU went to Kenya for eight months to study the multiple stressors on coral reefs.

"I am studying the impacts of climate change on coral reefs in Kenya and the western Indian Ocean. My research looks at the resilience of corals, and if reefs protected in marine reserves are more resilient to climate change and coral bleaching than fished reefs," Darling said in an email from Rwanda where she is currently working.

"We are finding that fished reefs composed of

tolerant and hardy coral species appear more resistant to climate change than corals within marine reserves," said Darling, who will be returning to Vancouver next month.

The three federal agencies that contributed to the grants amounting to \$1.5 million in 2009 are the Natural Sciences and Engineering Research Council (NSERC), the Social Sciences and Humanities Research Council (SSHRC) and the Canadian Institutes of Health Research (CIHR).

Ryerson named in top 3 for Interior Design

Ryerson's School of Interior Design is one of the best — it poses a problem.

Recently named one of the three top interior design schools in the world by Azure Magazine, Ryerson credits the accomplishment to its focus on problem solving. "For us that's what makes interior design real," says Annick Mitchell, chair of the school. "From the get-go we want students looking at things and questioning."

Mitchell traces the approach to a speech given by architectural critic Christopher Hume years earlier in which he discussed the disconnect between real world problems and design. "We listened and really took that message to heart."

It's an approach that has the school outranking heavyweights like Harvard, Columbia, Yale, MIT, Royal College of Art (London) and others in Azure's guide 'to the best design schools worldwide.'

But posing a problem is only one part of the equation. Solving it is the other, and there Mitchell credits the students. "We're really lucky. We really have been able to attract the brightest and the best."

LEYLA EMORY/FOR METRO CANADA

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Emily Carr gets Current

New magazine aims to demystify design process

DANIEL TAM
for Metro Vancouver

The first issue of an academic journal produced by undergraduate students at Emily Carr University of Art and Design will be launching next Tuesday.

The inaugural edition of the publication, called Current, is the first of its kind among art institutions in Canada.

"Currently in the university landscape of art schools, there is no journal talking about design and the design process," said Emily Carr sessional faculty member Brooke Allen. "There are professional journals that talk about it but there isn't any that come from the other art institutions in Canada."

The Current will feature articles on different themes pertaining to the design process.

It will focus on changing the simplistic view some



Students work on the inaugural issue of Current at Emily Carr.

people may have on the design concept, said Allen.

"What we wanted to do

was start to illustrate the process of what happens in between (the design process)," said Allen, the

overseer of the entire project who also acts as the official

art director. "It isn't just this magical process where we instantly produce something wonderful, there are these series of steps that we go through to create the best possible solution."

"We go through research, prototyping and testing and hopefully provide design with more value," said Allen.

The Current is edited, designed, produced and distributed by undergrad students in communications

design, with articles contributed by other Emily Carr students, alumni and faculty.

Although Allen oversaw the project, she said that it was "the students who put it all together."

Allen hopes that the Current can change the misconception some people may have on Emily Carr as a university.

"I was a student there, and there was always this misconception that it's just an art school, but it's an academic university and that's really what we're trying to show with this publication," said Allen. "To put out such a publication like this really contributes validation to the university."

The 48-page journal will be available in print and online on April 20th.

For more information, visit ecuaad.ca.

BCIT students market real-world development

DANIEL HENDRIKSON
for Metro Vancouver

Imagine contributing toward the development and rebuilding of third world countries while at the same time earning your degree. That's exactly what fourth year Marketing Communications students at BCIT are involved in. The students have developed marketing campaigns for an organization called Developing World Connections (DWC).

DWC is a non-profit organization which organizes working vacations for people in developing countries where they assist with sustainable projects such as housing, health centers, community centers, irrigation projects and education centers.

"As a last step before graduation, our students work on a project each year that allows them work with real clients and this year we were lucky enough to work with Developing World Connections," says Jenness Murray, Department Head of the Marketing Communications Program at BCIT.

According to Murray, BCIT's long standing relationship with a marketing agency called MacLaren McCann gave them the opportunity to work with them on their DWC account.

"They briefed the students on what their marketing opportunity would be and the students broke off into groups and worked as mini advertising agencies,

developing campaigns for the client (DWC)," she says.

The students were given about six weeks to come up with a complete campaign which they pitched to the client as if they were a real agency trying to land an account. And according to DWC President Wayne Mcrann, the students did a phenomenal job.

"I was awe-struck. I was overwhelmed with their passion, their confidence, their professionalism and the amount of effort they put into the case study and then the presentation," says

Mcrann.

With all of the recent activity in Haiti and Chile, the partnership between BCIT and DWC is very timely and according to Murray, it has resonated

very well with the students. The winning group was lucky enough to have their campaign put into use and they were also awarded the opportunity to meet and learn from top industry professionals.

Mcrann and his staff at DWC are hoping the new advertising campaigns will help spread the word about their organization and to give more people interested in going on working vacations the chance to do so.

"It really is an opportunity to take a vacation and give something back. The most common feedback that we get is that it's a life changing experience and 99 percent of our participants say that it's the greatest thing they've ever done," says Mcrann.

"As a last step before graduation, our students work on a project ... that allows them to work with real clients."

Jenness Murray, BCIT



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Fashion grads to strut their stuff

JESSICA BELL
for Metro Vancouver



Proof of four years hard work by Kwantlen Polytechnic University's fashion grads will be walking the runway tomorrow for the annual fashion show at River Rock Show Theatre.

The 33 grads, who will soon receive their degrees in Bachelor of Fashion Design and Technology, have been working tirelessly stitching and sewing to finish three of their 20-piece collections that will appear on the runway.

"We are all vibrating with excitement right now," says fourth-year fashion student and media liaison Mikki Fox, who will showcase three baby boomer cocktail dresses on the big night.

The fashion wing at the university is filled with students doing last minute

stitches at sewing machines and making final alterations to dresses and coats that rest on the mannequins.

Fox says the students strive to put on a professional production and all have spent the last year planning the event, creating their collections and marketing for the big day.

"It will be rewarding seeing the product of the last four years finally come together," she adds. "There is such a camaraderie between all the students, we're excited for each other."

The show features a wide variety of designs as each student focused on a different niche — everything from maternity pieces and

vintage-style clothes to muscular men's designs and flamingo dresses.

And while nerves may be a part of the night when the lights go on and the music

begins to play, Fox and the rest of the Class of 2010 believe the show will be a hit, one that raises the bar for future grads.

It takes place during Vancouver

Fashion Week with three one-hour showings throughout the day.

Nearly 1,000 people will be in attendance for the 7:30 p.m. show, which has been sold out for several days, but tickets are still available for the two matinees at 1 p.m. and 3 p.m.

For tickets go to kwantlen.ca/fashionshow.

Don't miss out

- Where: River Rock Casino Resort Theatre, 8811 River Rd., Richmond, B.C.
- When: April 14
- Show times: Matinees 1 p.m., 3 p.m., 7:30 p.m.
- Cost: \$15



Above: Kiara Matheson displays one of three of her maternity pieces that will appear on the runway. Right: Media liaison and fourth-year fashion student Mikki Fox stands beside one of her designs that will walk the runway tomorrow at Kwantlen's annual fashion show. Bottom: Fourth-year Kwantlen student Amanda Tan does last minute stitches in preparation for the show.

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Learning Curve is

a special feature that focuses
on education and student life.

learning curve **21**

Twin sisters Camille, left, and Carmen, right, have been nominated for a Juno for the duo's dance hit Shine 4U. Camille is a Vancouver Community College grad.

VCC grad up for Juno

LINA TOYODA
for Metro Vancouver

Music has always been a part of life for twin sisters Carmen and Camille Thomas who grew up in White Rock singing in a church choir, playing in school bands and performing in local festivals even as young girls.

The now twenty-something pop duo Carmen and Camille are shining in the spotlight with a recent Juno nomination for Dance Recording of the Year for Shine 4U, a beat-driven club hit off their debut album Two.

"That song we were like 'Let's just write a fun song,'" says Carmen. "It's kind of about going out and not knowing where the night will end and meeting someone. A night out on the town."

Camille is a Vancouver Community College graduate of the jazz vocal program and says it laid down the foundation for the duo's songwriting. Both girls play flute and guitar, write their own music and lyrics together and even share the singing duties.

"We try and keep it pretty even," Camille says of who takes the role of lead vocalist. "Because we're twins and we have to share everything, it works out best that way. It keeps the fighting to a minimum."

"I do more of the harmonies," Carmen says. "We call them the 'Carmenies.'" Shine 4U was co-written with Ryan Stewart who is nominated for a Juno for Songwriter of the Year.

The twins are up against acclaimed DJ and producer Deadmau5, as well as Doman and Gooding featuring Dru & Lincoln, Misstress Barbara and Thunderheist

in the dance song category.

Shine 4U has seen national radio airplay landing on Top-40 charts, and Carmen and Camille are currently in rotation on Much Music.

Several tracks off their album have also been featured on MTV reality show The Hills. Carmen and Camille have toured extensively in support of Two and moved to L.A. last fall to begin recording demos for their follow-up single Boom Boom.

They describe their sound as carefree and fun, music that "doesn't take life so seriously." Camille says they often write about

boys or boy problems, relationships and personal experiences in their lives.

"I find that when life is in turmoil it's easier to write songs," Carmen says. "Yeah, a lot of guy songs."

Carmen will be heading east to St. Johns, Nfld., for the Juno awards ceremony on April 18 where the winners will be announced.

Citing bands like No Doubt and Heart as influences, and Gwen Stefani who Carmen calls her hero, the twins say they are heading into a more electro-dance direction with new songs for their next album.

Catch the action

- The 2010 Juno's air April 18 on CTV.

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Your hair goes through a lot. Pantene's new line, Customized, wants you to record your own lockumentary and upload it to pantene.com/realitystar for a chance to be the star of the world's first live reality TV commercial. The contest closes Thursday. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

You go, Curl! Expert tips for curly-haired girls

Breaking down the dos and donts to keep your locks bouncing like they were born to do

JANINE FALCON
for Metro Canada



If you have curls, you're not wrong in thinking yours is one of the most challenging hair textures.

On the set of *Sex and the City 2*, Sarah Jessica Parker's 'do took the longest to style, according to lead stylist Frank Barbosa, spokesperson for Schwarzkopf Professional. "I blew out Sarah's hair then put all the curls back in with a hot iron," he explained.

For most of us, two hours with a professional on hand each a.m. isn't the norm, so the pros share their best tips on getting great curls when they're not around.

THE CUTTING EDGE

The wrong cut for curly hair can be a disaster — think pyramid-heads and hockey hair. Kevin Murphy, an Australia-based stylist who does hair exclusively for magazine and advertising photoshoots, puts it simply.

"Go to a hairdresser with curly hair. The only people who know about curly hair are people who have got curly hair, so pick the person who has hair most like the hair you want."

MOISTURE MANAGEMENT

"Really curly hair can get dry very easily," points out Charles Baker Strahan, whose celeb-hair clients include Leighton Meester and Scarlett Johansson. That's because natural sebum has a tough time travelling from the scalp down the curly-hair shaft.

Using a brush would help, but when it comes to curls, brushing is a big no-no (use a wide-tooth comb instead, when hair is damp).

To compensate, Strahan recommends starting with a hydrating shampoo and conditioner such as Herbal

"Hydrated hair always styles better," he adds.

If you find that you have to wait two days after shampooing for your curls to look good, could be you're using cleansers too harsh for your hair, says Jessica McGuinty of Jessicurl, a line she developed first for her own mass of corkscrew curls, then in response to growing demand from the community on naturally-curly.com.

"Look for sulfate-free products," she advises. Check labels instead for decyl polyglucose, a very

Herbal Essences
Hydralicious Self-Targeting
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Hand Dry Hair Glove,
\$24.95 (2 pack), at delin-
eation.ca and
select beauty supply
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gentle cleanser that doesn't strip hair.

For conditioning, she prefers silicone-free formulas, such as Jessicurl Too Shea! Extra Moisturizing Conditioner, which contains aloe vera, shea butter, and jojoba and avocado oils.

STYLE COUNSEL

Choose your styling product according to your hair type.

"Fine curly hair needs

styling product with a little less moisture but that sets the curl in," says Murphy.

If your hair's on the thin side, try a curl-enhancing mousse — the texture adds volume. If you have thick curls, you need something a little more emollient, like a cream.

Murphy also says to apply product when hair is still mostly wet, about 60 per cent. Celeb stylist and

John Frieda consultant Harry Josh, who works with Amanda Seyfried, agrees, especially when it comes to preventing frizz.

In fact, he says keeping wet hair wrapped in a towel can make things worse.

"You take it off and the outer layers and hairline, which frizz the most anyway, are already dry and frizzy from being in contact with the towel."

For a defined curl without using a blow dry-

TRESemmé Fresh Start Waterless Foam Shampoo for Dry/Curly to Normal Hair, \$6.49 at drugstores.



er, Pantene Consulting Stylist Denis Binet says to

comb through a curl cream such as Pro-V Anti-Frizz Crème from root to tip, then "wrap several strands around your finger and tighten the lock. If your hair is very long, pull it up with clips while it dries so that the weight of the water doesn't make the loops fall out."

FINISHING TOUCHES

All styling pros agree: the less you handle your curly hair before it dries, the better. But according to Susan Konkin, curly-hair expert at Delineation Hair & Skin Essentials in Toronto, a fluffy microfibre Hand Dry Hair Glove can improve your touch after you've applied your styling product.

"You can work scrunching, twisting and squeezing your curls without adding frizz while the gloves quickly absorb excess water, which cuts down the drying time."

And don't discount the value of a professional curling iron to help shape random curls for a polished finish, especially if you've got unruly greys to contend with, advises Josh.

To refresh droopy curls without adding water, which can cause frizz, try TRESemmé's new Fresh

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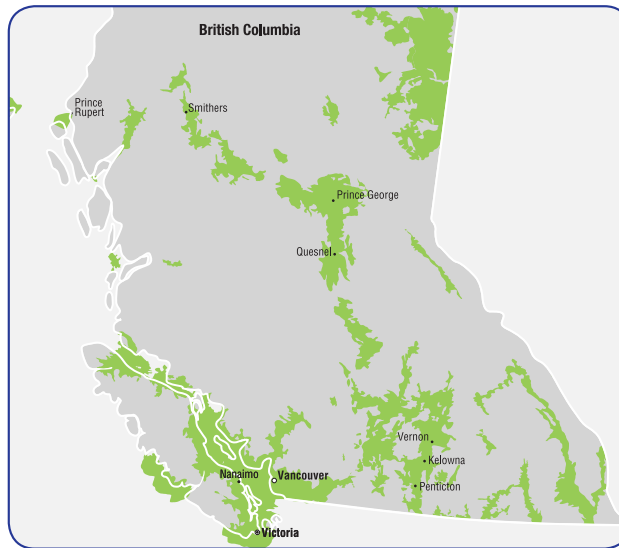
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Kevin Murphy Motion
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curly hair, \$22; kevinmurphy.com.au for sa-
lons.

Fab curls on the runway
recently at Montreal
Fashion Week's Fall 2010
shows.



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Burt's Bees has created a limited-edition lip balm in conjuncture with the Earth Day release of DisneyNature's film Oceans. The company will donate \$1 from every balm sold to the Nature Conservancy of Canada. \$4.99 at Shoppers Drug Mart and Long Drugs. **METRO NEWS SERVICES**

Turning taxing into relaxing

RefundFun

DENISE SURETTE
for Metro Canada

Preparing your tax return isn't what most people would consider a pleasure, but getting money back on your return is when the fun begins.

While you're waiting for the check to arrive in the mail you may want to consider how you want to spend your money, and investing in a makeover may be the way to go.

Often beauty buys can go on the back burner when other bills are looming, but making yourself look

\$100



FACE If your tax return was low you can still invest in a makeover. A full makeup application from MAC Cosmetics and an eyeshadow palette is a great purchase. The makeup artists from MAC choose colours that compliment your skin tone, recommend what kind of look will suit your face, and help you choose the right palette to create the look at home. Each refill colour, \$13. Empty Pro Palette eyeshadows x 4 case, \$6.

and feel good are great ways to invest your extra cash.

\$1,000 +

BODY If stubborn fat pockets are worrying you, you may want to put your return toward Ultrashape, a non-surgical way of fighting bulges and breaking down fat cells, which can reshape your stomach, thighs and hips. Dr. Tom Woo from Laser Rejuvenation Clinic and Spa in Calgary says this is a great way to feel better about your body.

"Studies say three treatments gives you anywhere from two to three inches reduction around the waist," says Woo. "That's one to three notches on your belt. When you think of it that way, that's pretty tremendous."

\$600

HAIR If you're thinking of getting rid of unwanted hair permanently, investing your tax return in laser hair removal sessions may be the way to go. A package of laser hair removal treatments will rid you of underarm hair. Helen Ormston, owner of Gentle Touch Laser in Halifax, says that it's a great way to invest your money. "When you compare laser to waxing, it's much cheaper," says Ormston. "Waxing is a lifetime of ongoing treatments, but laser is an upfront payment."

\$200

HEAD Get a whole new look for your crowning glory — your hair. Depending on where you live prices can vary, but getting a whole new cut and colour will give you a fresh new look. Add in a moisturizing hair treatment and you'll give your hair healthy refresh.

Model Doutzen Kroes

For more Refund Fun check out Monday's Metro for a focus on electronics



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health & beauty **25**

U.S. President Barack Obama and Vice President Joseph Biden during the signing of the Affordable Health Care for America Act. They know a thing or two about the power of a smile.

Careful you may catch a smile

CELIA MILNE
for Metro Canada



Smile and the whole world smiles with you. It just might be true.

April is oral health month, and what's really hot right now is cosmetic procedures.

Everyone wants a movie-star smile. Before you commit to bleaching, crowns, veneers or orthodontics, the first step is to visit your dentist. Explain what you

would like your teeth to look like and what your budget is, and your dentist can guide you to the best treatments. They can also make sure you have healthy teeth and gums.

Depending on what you want to spend, bleaching and whitening can be done by the dentist, or you can do it at home using a kit, but this is less effective and the chances of over-doing it are higher. The in-between solution is to get a mold made by the dentist and

then do the bleaching at home.

The benefits of a dazzling smile are many: it helps you get jobs, attracts people to you, makes you feel good, and — according to a German study — smiling is contagious.

Using MRI scans of people's brains, German researchers found that seeing a happy, smiling face triggers involuntary activity in the brain, so that the instinctual response is a smile rather than a frown..

Giving from limb to limb

For every Culture Bio beauty product sold this year, Yves Rocher will plant a tree as part of the United Nations' Plant for the Planet operation. Since join-



ing the project two years ago the company has planted seven million trees.

METRO NEWS SERVICES



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Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

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RECIPE #1 On the run?

Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutraceuticals.biz

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30 g serving = 1/3 cup	
Calories	90
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Protein	4 g

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To celebrate Earth Month, participating Starbucks Coffee Canada stores will offer customers who bring in a reusable travel mug a complimentary cup of brewed or iced coffee this Thursday. This the fifth year the company has offered the promotion. **METRO NEWS SERVICES**

Food



Grocery shop... smarter

Estimating rather than doing mental math as you shop for groceries can help you stay on budget, according to new research in this month's *Journal of Marketing*. Using a calculator to tally up the goods in your grocery cart produces the most accurate results, but rounding up or down to the nearest dollar will yield better results than trying to add \$2.49 to \$3.76 to whatever else you put in the cart, says the study.

TORSTAR NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian Living magazine is on sale now!

Canadian Living recipe of the month

Go for the club



PHOTOGRAPH BY JIM NORTON



Chicken Club Wrap with Garlic Mayo.

Apple Rhubarb Turnovers.

Chicken Club Wrap with Garlic Mayo

PREP: 5 MINUTES
COOK: 10 MINUTES
MAKES 4 SERVINGS

INGREDIENTS:

- 8 slices bacon
- 4 boneless skinless chicken breasts
- ½ tsp (2 mL) each salt and pepper
- 1 plum tomato
- 4 large tortillas
- 4 romaine lettuce leaves, chopped

Garlic mayo:

- 1 large clove garlic
- Pinch salt
- ¼ cup (50 mL) light mayonnaise
- 1 tsp (5 mL) lemon juice
- Dash hot pepper sauce

METHOD:

Garlic mayo: Mince garlic with salt until smooth paste; stir into mayonnaise along with lemon juice and hot pepper sauce. Set aside.

In skillet, fry bacon until crisp; set aside on paper

towel. Drain fat from pan. Holding knife horizontally, slice each chicken breast through thickest part and open like book; pound to even thickness. Sprinkle with salt and pepper.

Cook in same skillet over medium-high heat, turning once, until nicely browned and no longer pink inside, 6 to 8 minutes.

Transfer to cutting board and slice. Slice tomato in half lengthwise; slice crosswise.

Spread Garlic Mayo over tortillas. Top with chicken, bacon, lettuce and tomatoes. Roll up; slice in half.

Apple Rhubarb Turnovers

PREP: 20 MINUTES
CHILL: 30 MINUTES
COOK: 30 MINUTES
MAKES 8 TURNS

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use 1 package (397 g) frozen puff pastry instead of making your own.

INGREDIENTS:

- 1 each large Golden Delicious apple and Granny Smith apple (1 lb/500 g total)
- 1 cup (250 mL) chopped rhubarb
- ¼ cup (50 mL) granulated sugar
- 2 tbsp (25 mL) all-purpose flour
- ½ tsp (2 mL) lemon juice
- ¼ tsp (1 mL) cinnamon
- Pinch each ground nutmeg and salt
- 1 egg

Pastry:

- 2½ cups (625 mL) all-purpose flour
- 2 Tbsp (25 mL) granulated sugar
- ½ tsp (2 mL) salt
- ¾ cup (175 mL) cold unsalted butter, cubed
- ¾ cup (175 mL) ice water (approx)

Cream cheese icing:

- 1 cup (250 mL) icing sugar
- ¼ cup (50 mL) cream cheese, softened
- 2 tsp (10 mL) lemon juice
- 1 tsp (5 mL) water

METHOD:

Pastry: In bowl, mix together flour, sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture is in large

crumbs. Drizzle with water, tossing with fork until dough comes together and adding up to 2 Tbsp (25 mL) more water if needed. Divide in half; shape into discs. Wrap each in plastic wrap; refrigerate until chilled, about 30 minutes.

On lightly floured surface, roll out each disc to 18- x 8-inch (45 x 20 cm) rectangle. Let rest for 5 minutes.

Cut each into 4 rectangles.

Meanwhile, peel, core and chop apples into ¼-inch (1 cm) chunks.

In bowl, toss together apples, rhubarb, sugar, flour, lemon juice, cinnamon, nutmeg and salt. Spoon about ¼ cup (125 mL) onto half of each rectangle. Fold remaining half over filling to enclose. Press edges with tines of fork to seal.

Whisk egg with 2 tsp (10 mL) water; brush over turnovers. Bake on baking sheet in 425°F (220°C) oven until golden, 30 to 35 minutes. Let cool completely.

Cream cheese icing: In bowl, beat together icing sugar, cream cheese, lemon juice and water. Using fork or pastry bag with fine tip, drizzle icing over turnovers.

online

For more recipes, visit canadianliving.com



Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Classic vinos

I hope that you're having a great day because I sure am. As you read this I'm in Italy — my second favourite country on Earth. I'm here in Verona (in the country's northern province of Veneto) for Vinitaly: One of the world's largest wine shows and, for the next few days, the home of just about every major Italian winemaker.

Romeo and Juliet got their groove on in Verona and the city's surrounding grape growing regions of Soave, Bardolino and, of course, Valpolicella are some of the most famous and familiar in Europe.

Of the zillion things to love about Italy, the relaxed pace is close to the top of my list and there isn't a wine that goes better with doing nothing than Amarone. Made in Valpolicella from dried grapes, it's called the conversation wine because it's a rich, full-bodied sipper (which can be dry or sweet) that goes better with some cheese and a chat than it does with a major meal.

Masi's 2005 Costasera Amarone Classico (\$37.95 - \$49.99) typifying the full-figured, raisin-infused drier styles, with **Cantina di Negrar's 2005 Amarone della Valpolicella Classico** (\$34.95 - \$40.99) balancing a similar depth with more of a plum influence.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Hirsch joins Darkest Hour

Emile Hirsch appears to have jumped aboard alien invasion thriller *The Darkest Hour*. The 28 Days Later-style film sees a group of travelling American teens in Russia caught up in a battle against marauders from the stars. EMPIREONLINE.COM

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

**Much more Miley**

Miley Cyrus will perform and co-host the 2010 MuchMusic Video Awards on June 20. "I can't wait to get back to Canada and perform for all of my fans," she said.

METRO NEWS SERVICES

Junos sing a different tune

TheAudioFiles**Bryan Borzykowski**metronews.ca/music

Almost every year the Juno Awards ceremony ends up a huge disappointment.

When Celine Dion was nominated for six awards in 2008 and Nickelback for five the year after, I just couldn't find the energy to tune in and watch the show. This year's event in St. John's, N.L., is a different story.

Despite Michael Bublé being up for six awards, this

may be the most diverse, and representative, list of contenders in years. You can see who's nominated for what at junoawards.ca, but the likes of Metric, Joel Plaskett, Handsome Furs, Billy Talent, Justin Bieber, Arkells and Drake are all up for hardware.

In the past it was easy to call the winners — Nickelback or Celine Dion — but this year there's no clear champion. So, I'll probably get this wrong, but for fun, let's try to pick some of this weekend's victors.

JUNO FAN CHOICE AWARD Easy, that one's going to Nickelback. (Somehow they're still getting nominated for an album that came out in 2008.)

SINGLE OF THE YEAR These are all great songs, but I'm go-

ing with Drake's *Best I Ever Had*. While he's got the international cred that often woos the Canadian Recording Arts and Sciences members, this smooth, mid-tempo hip-hop tune really is award worthy.

ALBUM OF THE YEAR Bublé's going to win. *Crazy Love* topped both the U.S. Billboard chart and Canada's music

Drake could take home the Juno for new artist of the year.

charts and it's actually a pleasant listen.

ARTIST OF THE YEAR This one's going to Bublé. With six nominations, the Juno voters clearly think Bublé's a step above the rest. And he's also the only nominee to appear on Oprah this year. That feat alone deserves an award.

GROUP OF THE YEAR I want Metric to win. Their haunting new wave-ish Fantasies is their

best effort since 2003's *Old World Underground* and it's far better than Hedley's juvenile pop-punk or the Hip's tired beer rock. However, Billy Talent's hard-hitting third record, will win.

NEW ARTIST OF THE YEAR This category is really between two people — Drake and Justin Bieber. The former is the hottest rapper in hip-hop; the latter is the biggest star in the pop world. It's too close to call, but I'd like to see Drake win. Bieber will sweep the Junos in 2011.

ALTERNATIVE ALBUM OF THE YEAR Metric will win this one, but I think the Handsome Furs' *Face Control* is the best of the bunch. It's gritty, catchy indie rock and easily one of the top al-

bums of 2009.

POP ALBUM OF THE YEAR This category belongs to Bieber. Whether you like him or not, his saccharine pop melodies are a lot better than Hedley's.

ROCK ALBUM OF THE YEAR Billy Talent for sure. If Nickelback wins though — for 08's *Dark Horse* — I'm turning the Junos off.

RAP RECORDING OF THE YEAR Tough to call. K'Naan's *Troubadour* wasn't just a fantastic album, he's become an international sensation. Drake has two chances to win this category though and with his popularity soaring, he's going to take the prize.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic.

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Visit Metronews.ca/Penguin to enter. Contest ends April 30.



Glee sings its way to glory

Classic tunes behind TV musical comedy's success

Glee, the award-winning musical comedy about a misfit high school show choir, might be doing more for music than its fellow Fox juggernaut, American Idol.

In its first 13 episodes, Glee treated viewers to covers of songs by Neil Diamond, Rihanna, Kanye West, Barbra Streisand, Beyoncé, Queen, Liza Minnelli and more.

The music from Glee is a huge success in its own right, with more than 4 million digital downloads sold and two soundtracks already certified gold.

A nationwide tour, Glee Live, featuring key members from the show's cast, kicks off in May and has sold out, and the show is boosting sales for the original artists behind the songs. Its stars are even featured on the current issue of Rolling Stone.

When the hourlong hit returns tonight for a nine-episode run, expect twice the tunes per show and even more mash-ups and



Glee, the hit television musical comedy, returns tonight for the first of nine episodes.

musical diversity. "Every possible musical style and taste is going to be in there," says Glee co-creator Brad Falchuk. "It doesn't matter what you like — you're going to find what you like and stuff you never heard of that you'll love."

But the commercial success of the Glee songs was-

n't a reason for the boost, he says. Instead, the decision was made because the music greatly enriches the show by giving viewers an emotional understanding of what the characters are going through.

Falchuk says he and fellow show creators Ryan Murphy and Ian Brennan

intentionally upped the number of songs to a minimum of five per episode for the balance of the first season (three to five had been the norm).

This season, the characters will express their joy and frustrations through the songs of acts like AC/DC, the Beatles, Lionel Richie, Olivia Newton-John and Madonna.

In fact, Madonna gets her own entire episode — a tribute to the Material Girl packed with 10 songs, seven of which appear on a separate soundtrack, Glee: The Power of Madonna, set for release April 20.

The dozen actors comprising McKinley High School's New Directions glee club sing several songs each episode, while other stars — including caustic cheerleader coach Sue Sylvester (Jane Lynch), cranky football coach Ken Tanaka (Patrick Gallagher) and neat-freak guidance counsellor Emma Pillsbury (Jayma Mays) — chime in from time to time.

THE ASSOCIATED PRESS

DVD picks

Defendor

Director: Peter Stebbings

LOOK UP IN the sky! Is it Kick-Ass? No, it's Defendor, arriving on DVD before its like-minded rival hits the big screen on Friday.

Woody Harrelson has rarely looked better and Hamilton has never seemed so heroic, in this comic-book drama of a duct-taped vigilante out to wipe the grime off his filthy city.

As the eponymous Defendor, a non-superhero decked out in tighties, shoe polish and other dollar-store dressings, Harrelson's character risks both beatings and smirks.

He's prowling the streets searching for Captain Industry, the man he's convinced killed his mom.

In real life he's Arthur Poppington, civic employee, and he has a perilous grasp on reality at the best of times, as his psychiatrist (Sandra Oh) knows all too well. Yet Defendor is as sane as any other costumed avenger. And you've got to admire his bravery and essential de-



cency that survives even when it seems he may not. He befriends a junkie prostitute (Kat Dennings) and makes an enemy of a corrupt cop (Elias Koteas).

Vancouver writer/director Peter Stebbings makes an impressive feature debut with an idea that reflects its comic-book inspiration in look and tone, yet still qualifies as a serious and occasionally touching character study. Extras include deleted scenes and a commentary by Harrelson and Dennings.

Peter Howell/for Metro Canada

VA	Yu	Su	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
251	308	3	CBC	Wheel Fortune	Jeopardy! (N)	HNIC-Stanley Cup Countdown	Laughs	Comedy Fest.	CBC News: The National	(:05) The Hour		
254	-	3	OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition	ET Canada	Omni News: Punjabi Edition	Law & Order: Criminal Intent	Metropolis		
250	321	3	CTV	Lost "Everybody Loves Hugo"	Lost "Everybody Loves Hugo"	American Idol (Same-day Tape)	(CC) Big Bang Th	(CC) Big Bang Th	Law & Order: SVU	CTV News		
-	-	10	JOY	Frasier (CC)	The Insider	Islam 101 (CC)	Enigma (CC)	Enigma (CC)	P3	Diya (CC)	New Day	
252	336	3	GTV	Entertainment	ET Canada	NCIS "Child's Play" (CC)	ET Canada	(:28) Glee "Hell-o" (N) (CC)	Parenthood (N) (CC)	EP Daily		
256	389	3	VI	Degrassi: TNG	TMZ (N) (CC)	Dancing With the Stars (CC)	The Middle	Old Christine	(:02) V "John May" (N) (CC)	A News (N)		
253	359	3	CITY	The Office	The Office	The Biggest Loser Two contestants win a new car. (N) (CC)	90210 Liam's father visits. (N)	Melrose Place "Wilshire"	Seinfeld	Seinfeld	KIRO 7 News	
-	-	3	CBS	The Office	The Office	90210 Liam's father visits. (N)	Melrose Place "Wilshire"	NCIS: Los Angeles "Breath"	Parenthood (N) (CC)	KING 5 News		
289	381	3	EW	Entertainment	The Insider	NCIS "Child's Play" (CC)	The Biggest Loser Two contestants win a new car. (N) (CC)	Beauty Call	Style by JURY	How to Look Good Naked	Beauty Call	
287	379	3	NBC	Evening Mail	Inside Edition	Style by JURY "Grocery Bag"	Dancing With the Stars (CC)	Lost "Everybody Loves Hugo"	Seinfeld	King	Cold Case	
602	568	3	W	Superman: "Newman Family"	Jeopardy! (N)	Dancing With the Stars (CC)	Lost "Everybody Loves Hugo"	Seinfeld	King	Cold Case		
288	380	3	ABC	Wheel Fortune	Jeopardy! (N)	Intern * (2000, Comedy) Dominique Swain, Ben Pullen.	Seinfeld	King	Cold Case			
-	-	10	KVOS	M*A*S*H	M*A*S*H	NOVA (N) (Part 2 of 2) (CC)	Frontline "Obama's Deal" (N)	Independent Lens (N) (CC)	Celtic Woman			
291	383	3	PBS	West Coast	Stevens Everett	American Idol (Same-day Tape)	(CC) Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)	NOVA (Part 2 of 2) (CC)	
290	382	3	FOX	Two/Half Men	Two/Half Men	Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)	NOVA (Part 2 of 2) (CC)		
296	564	3	BLK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Free Money	Street Court	
298	563	3	SBK	Two/Half Men	Two/Half Men	90210 Liam's father visits. (N)	Melrose Place "Wilshire"	Friends (CC)	According-Jim	Friends (CC)	Maury (CC)	
295	551	3	WGN	WGN News at Nine (N) (CC)	Family Guy	Two/Half Men	Friends (CC)	According-Jim	Friends (CC)	Maury (CC)		
297	552	3	WPX	PIX News at Ten Tong. (N)	Family Guy	Two/Half Men	Friends (CC)	According-Jim	Friends (CC)	Maury (CC)		
199	311	3	STR	(6:28) Glee (N)	CTV News	NTV Late Night News	CBC News: The National (N)	Larry King Live (CC)	Beach Vol.	UEFA Champ.	Sportsnet Connected (Live)	
502	390	3	NW	CBC News: The fifth estate	CBC News: The National (N)	Canucks TV	Off the Record	Boxing David Estrada vs. Orlando Lora. (Taped)	Oper. Repo	Oper. Repo	Ghost Hunters (CC)	
500	500	3	CNN	Anderson Cooper 360 (N) (CC)	Anderson Cooper 360 (N) (CC)	Canucks TV	Off the Record	Boxing David Estrada vs. Orlando Lora. (Taped)	Oper. Repo	Oper. Repo	Ghost Hunters (CC)	
407	419	3	RSP	Hockeycentral Playoff Edition	Hockeycentral Playoff Edition	Canucks TV	Off the Record	Boxing David Estrada vs. Orlando Lora. (Taped)	Oper. Repo	Oper. Repo	Ghost Hunters (CC)	
400	400	3	TSN	SportsCentre (Live) (CC)	SportsCentre (Live) (CC)	Canucks TV	Off the Record	Boxing David Estrada vs. Orlando Lora. (Taped)	Oper. Repo	Oper. Repo	Ghost Hunters (CC)	
411	457	3	OLN	Ghost Hunters (CC)	Destination Truth (CC)	Canucks TV	Off the Record	Boxing David Estrada vs. Orlando Lora. (Taped)	Oper. Repo	Oper. Repo	Ghost Hunters (CC)	
410	403	3	SCR	Basketball	NBA Basketball	Canucks TV	Off the Record	Boxing David Estrada vs. Orlando Lora. (Taped)	Oper. Repo	Oper. Repo	Ghost Hunters (CC)	
417	406	3	SC	Dangerous Drives	Pass Time	NASCAR Hub	Race in 60	Monster Jam	Paid Program	Gol TV News	Gol TV News	
416	409	3	GLF	Fútbol Uruguayo	MLS Weekly	Gol TV News	Toronto-2010	MLS Weekly	Family Biz	To Be Indie	Prank Patrol	
552	543	3	YTV	iCarly (CC)	Scorpion	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	American Dad	Futurama	
555	545	3	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	Ned's School	Cory in House	
557	541	3	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Go, Diego, Go!	Franklin	
553	546	3	SPKE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	
268	354	3	KNO	Frontiers of Construction	We Built This City "London"	Mondovino *** (2004) Michael Broadbent. Premiere. (CC)	Reba (CC)	Reba (CC)	Love Court	Love Court	MuchMeg	
575	583	3	CMT	Home Imp.	Home Imp.	Meet-Wilsons	Wilsons	Gossip Girl (CC)	Outer Room	Curb/Block	House Hunt	
570	580	3	MM	(6:30) MuchMusic Countdown	UR11	Holmes on Homes (CC)	Sarah's House	Genevieve	(:01) Criminal Minds (CC)	Criminal Minds (CC)	CSI: Miami	
615	520	3	A&E	CSI: Miami "Target Specific"	CSI: Miami (CC)	CSI: Miami (CC)	UFC Unleashed (CC)	DEA	Deadliest Warrior	Trek: Voyager	Ultimate Cake	
628	584	3	SPKE	Deadliest Warrior	The Man With One Body	19 Kids-Count	19 Kids-Count	Chocolaters	Chocolaters	Ultimate Cake		
612	560	3	TLC	Chocolaters	Chocolaters	All the Good Ones Are Married	(2007) Daryl Hannah. (CC)	Law & Order "Nullification"	Without a Trace (CC)	Top Banana *** (1994) Phil Silvers. (CC)		
620	523	3	BVO	Spectacle: Elvis	ET Canada	Whatever	Real Housewives OC	Swamp Loggers "The Storm"	Runway	Runway		
601	562	3	SLC	Wedding SOS	Wedding SOS	Daily Planet (CC)	Cities of the Underworld	Pawn Stars	Pawn Stars	Generation	Star Trek: Voyager "Unity"	
520	505	3	DIS	Swamp Loggers "The Storm"	Aftermath "Red Giant" (CC)	InnerSpace	Stargate SG-1 "Homecoming"	Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	
522	506	3	HIS	Aftermath "Red Giant" (CC)	InnerSpace	Stargate SG-1 "Homecoming"	Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight	
522	506	3	SPC	Aftermath "Red Giant" (CC)	InnerSpace	Stargate SG-1 "Homecoming"	Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight	
294	650	3	TBS	The Office	The Office	Lopez Tonight (N)	Dog Whisperer (CC)	Unwrapped	Dinner: Impossible (CC)	Chefs vs. City		
619	525	3	TROP	The Celebrity Apprentice (N) (CC)	Restaurant Makeover (CC)	Diner, Drive-In	Unwrapped	Dinner: Impossible (CC)	Chefs vs. City			
603	561	3	FN	Chefs vs. City (CC)	(:15) Ferris Bueller's Day Off *** (1986, Comedy) Matthew Broderick. (CC)	(:45) Spaceballs *** (1987) Mel Brooks, John Candy. (CC)	Fit-Conchords/Awesome	Daily Show	Joe Strummer			
626	547	3	COM	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Fit-Conchords/Awesome	Daily Show	
320	621	3	CEN	(6:20) Pootypot *** (2008)	Dark Country (2009) Thomas Jane. (CC)	What Just Happened? *** (2008) (CC)	Joe Strummer					
581	566	3	MTV	16 and Pregnant (N) (CC)	After	MTV Live	Taking Stage	My Life as Liz	16 and Pregnant (CC)	After		
261	394	3	V	Unscripted (N)	CrazyLove	Poltergeist: The Legacy	Cuba *** (1979, Adventure) Sean Connery, Brooke Adams. (CC)	Schauplatz	Euro. Journal	Patrol World		
-	-	3	MUL	My Queen	Immortal	Il Caffe	In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World	

critics'corner

Hockey Night in Canada on CBC: Stanley Cup Countdown

It's not as if we need any help getting psyched for the Stanley Cup, but just in case, host Ron MacLean and analysts Mike Milbury, Kelly Hrudey and P.J. Stock are on hand to kick off the NHL postseason with a look at the upcoming conference quarterfinal series. The action begins tomorrow and ends, of course, with the Stanley Cup Finals in late May. 8 PM on CBC



Glee Fresh off their win at Sectionals, the members of New Directions start work on songs for Regionals, but the budding romance between Rachel and Finn (Lea Michele, Cory Monteith) hits a bump when she becomes involved with competitor Jesse St. James (guest star Jonathan Groff). Sue (Jane Lynch) returns from break determined to absolutely destroy her nemesis, Will (Matthew Morrison). Tony winner Idina Menzel ("Wicked") guest stars in the new episode "Hell-o." 6:28 PM on STR; 9:28 PM on GTV FOX

Polytechnique walks away with 9 Genies

AWARDS Polytechnique, director Denis Villeneuve's look at the 1989 Montreal Massacre, swept the 30th annual Genie Awards last night.

The film received nine awards from the Academy of Canadian Cinema & Television, including best motion picture, directing, and screenplay.

Polytechnique actress Karine Vanasse received the best actress Genie during the award presentation in Toronto.

Dawson Creek alumnus Joshua Jackson took home the award for best performance by an actor for his work in the road movie One Week.

Also receiving a Genie was Kari Skogland, who earned the screenplay prize for Fifty Dead Men Walking. Jackson was among the presenters at the ceremony. Others on hand to mark the three decades of the Genies were actors Gordon Pinsent and Scott Speedman.

A number of special awards were presented at last night's ceremony, including the Claude Jutra Award, which was given to first-time Quebec director Xavier Dolan.

METRO NEWS SERVICES

Shakira visit Haiti

Colombian pop star Shakira is meeting with Haitian earthquake survivors living in makeshift camps and she says she is searching for suitable land to build a school for needy children. **METRO NEWS SERVICES**



Meryl Streep

Streep joins Academy of Arts & Letters

HONOUR ROLL Meryl Streep has another academy to thank.

The star of films such as *Sophie's Choice* and *Julie & Julia* has been named an honorary member of the American Academy of Arts and Letters, an elite club that includes Toni Morrison, Stephen Sondheim and Jasper Johns. Not even two Oscars, seven Golden Globes and a lifetime achievement prize from the American Film Institute prepared Streep for this.

"I have to say that I was stunned, and when they sent me the roster of people in the academy I just burst into tears," Streep said.

THE ASSOCIATED PRESS

Hit Girl shows fighting spirit

13-year-old Moretz dismisses controversy over Kick-Ass role

PHIL BROWN
for Metro Canada

You might not know the name Chloë Moretz right now, but all of that will change very soon.

The 13-year-old actress already has more than 30 film and television credits to her name, but her breakout role comes this week in the soon-to-be cult classic *Kick-Ass*.

In that tale of would-be super-heroes, Moretz plays Hit Girl, a pint-sized assassin whose father (Nicolas Cage) quickly moved her from potty training to fight training, turning her into one of the deadliest women in the world at 11 years old. It's the type of role that doesn't come along often for such a young actress and one that is sure to bring Moretz plenty of

Chloë Moretz, right, dishes out the action as Hit Girl in *Kick-Ass*.

Kick-Ass opens in theatres Friday

fame and notoriety.

For Moretz, the road to Hit Girl started in the summer of 2008.

"I saw all the posters for *Wanted* and even though I wasn't allowed to see the movie, I knew I wanted to do an action movie like Angelina Jolie. So, I told my

mom that I wanted that kind of role," Moretz told Metro.

Luckily for the young actress a screenplay was floating around for Mark Millar's then unpublished comic book series *Kick-Ass* that needed a little girl to beat up henchmen and let off a few explosions.

Moretz and her family fought for the role and she was lucky enough to be cast in the film a mere few months after she had been admiring Angelina Jolie's posters. From there, the serious preparations for the role began.

"I did about six months of fight training," revealed

the actress. "I went to the Toronto circus school. I worked at tumblers. I worked with martial artists and marines. It was pretty crazy, but I'm a ballerina and a gymnast so I'm used to it."

All the work clearly paid off as Moretz dominates some of the most giddily violent action scenes in recent memory.

Unfortunately, not everyone has been thrilled by Moretz's performance as Hit Girl. Since the film premiered in Britain a few weeks ago, controversy has built up around the role, with a variety of journalists claiming that having such a young actress involved in violent scenes is incredibly irresponsible.

The issue doesn't really seem to bother Moretz however, who dismisses the critics.

"It's just a film. We all knew what we were doing and everything that I did in the film was in the script," Moretz said.

BASED ON THE WORLDWIDE BESTSELLER

"This dynamite thriller shivers with suspense.
IN A WORD, WOW!"

Peter Travers, Rolling Stone

"Rapace's haunting, enigmatic Lisbeth leaves you eager for the next two installments.
SHE'S FANTASTIC, AND SO IS THE MOVIE."

Rene Rodriguez, The Miami Herald

the GIRL with the DRAGON TATTOO

"THE BEST EURO ACTION HEROINE SINCE 'NIKITA'."

Empire

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IN THEATRES FRIDAY!

DRAGONTATTOOFILM.COM
ALLIANCEFILMS.COM
FACEBOOK.COM/ALLIANCEFILMSINC



(ALLIANCEFILMS.COM)



Heather Mills' father has begged his estranged daughter to get back in touch with him, femalefirst.co.uk reports. Mark Mills has not spoken to the charity campaigner for 25 years and is desperate to be reunited her. **METRO NEWS SERVICES**

Celebrity Buzz

Miller, Law engaged

JUST KEEP HIM AWAY FROM ANY NANNIES YOU HIRE Sienna Miller and Jude Law's reconnection seems to be working, as the pair are reportedly once again engaged to be married, according to the Daily Mail. Miller was recently spotted wearing the engagement ring Law gave her the first time he proposed in 2005 — only it wasn't

where it should be. "They do not want to make the engagement official, which is why Sienna is wearing the ring on the wrong hand," a source explains. "They are keeping it secret, but are very happy and really hope it's going to work out. Jude has been to visit Sienna's parents and her sister Savannah and has worked hard to redeem himself."

METRO WORLD NEWS

Lohan gets sweaty

DANCING UP A STORM Lindsay Lohan had so much fun dancing at the recent Nylon magazine 11th anniversary party in Hollywood that she sweated through

the flesh-colored studded mini dress was wearing. Luckily, she had a backup on hand and quickly changed into a black-and-white number an hour later, according to Page Six. "People were confused," a source says of the quick change. **METRO WORLD NEWS**

Boyle looking for love

GETTING TURNED DOWN BY A SENIOR HAS GOT TO HURT Susan Boyle is adjusting to fame and success, and is now focusing on finding love, she confesses during an Australian TV interview.

"I go on looking. Some day my prince will come. But I have never been in a

better place. It's absolutely brilliant for me right now," the Britain's Got Talent sensation says.

The 49-year-old admits she recently asked out a fellow churchgoer, 66-year-old Helmut Glaser, but he turned her down because he thought she was too old.

METRO WORLD NEWS

Oprah, Tesh dated

PERHAPS HE CAN WRITE HER A BAD LOVE SONG ON HIS PIANO Long before she was a billionaire media mogul romantically linked to Stedman Graham, young Oprah Winfrey reportedly had a different boyfriend: John Tesh, usmagazine.com is reporting.

In a new, unauthorized Winfrey tell-all, celebrity biographer Kitty Kelley claims that Winfrey and the one-time Entertainment Tonight co-host were lovers who shared an apartment in Nashville, Tenn., in the mid-1970s.

According to New York's Daily News, an excerpt from the book reveals that Tesh, now 57, abandoned Winfrey,

now 56, because of the intense "social pressure" of their interracial romance.

"(He) couldn't take it anymore ... He walked out in the middle of the night ... he told me ... he later felt very

guilty about it," a Tesh source told Kelley in the book.

The pair both had broadcast TV jobs in Nashville at the time. Tesh, now a New Age musician and syndicated radio host, appeared on the 10th anniversary of Winfrey's show, when Winfrey claimed that they had simply shared a "platonic dinner date."

Another topic explored in Kelley's book: speculation about Winfrey's relationship with friend Gayle King.

"I know people are expecting me to 'out' her," Kelley tells USA Today. "But I think she's just asexual. She's poured all of her energies into her career. And if she is, she is never, ever going to come out. So relax, people."

METRO NEWS SERVICES

Paris dumps Reinhardt

I GUESS HE WASN'T HOT ENOUGH FOR HER Paris Hilton has reportedly split from Doug Reinhardt, femalefirst.co.uk reports.

The socialite reportedly called time on their 14-month romance recently, despite speculation they are planning to marry. A source said: "Obviously she broke up with him."

Hilton, 29, was seen partying in Las Vegas last weekend and Reinhardt was reportedly planning to

fly out to see her on his way back from a family holiday to Aspen, but decided not to at the last minute.

The source added to E! Online: "He was in Aspen with his dad this weekend and was considering stopping by Vegas on the drive back,

but changed his mind.

"I'm pretty sure that's why he went to Aspen ... to hide out and try to get over her."

Hilton chose to spend time with her parents, Kathy and Richard, at the weekend and even went clubbing in Vegas with them.

She tweeted: "Just packing my bags, going on a trip with my parents for a few days. I love spending time with my family, we have the best time ..."

METRO NEWS SERVICES

Pregnancy stressed Tiger

WOODS' PILLOW TALK GETS PERSONAL Devon James, the 15th confessed mistress to come forward about having an affair with Tiger Woods, says the golf great confided in her that wife Elin Nordegren's 2007 pregnancy left him feeling stressed, according to Rush &

Molloy. "He told me he wasn't happy at home. He

said that he was frustrated and depressed, that his wife didn't sexually satisfy him, that he wasn't attracted to her very much anymore," James says.

"He told me the only two things he cared about are golf and sex."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

AIMEE MANN isn't impressed with Ice-T's acting, **ICE-T** isn't impressed with Aimee Mann in general, **AMANDA BYNES** is easily entertained, and **TOM HANKS** is star-struck.

@aimeemann Christ, there is no reason in the world anyone should ever have cast Ice T in a television show

@FINALLEVEL Hey @aimeemann stop worrying about my acting b-ch, and worry about your WHACK ass music.

@amandabynes twitter is currently my favorite source of entertainment.

@tomhanks Cool job. Evidence: phone call from PAM GRIER!

METRO NEWS SERVICES

No sex life, no problem for Gaga

ALL THE COOL KIDS ARE INTO CELIBACY Lady Gaga admits she's going without sex at the moment, according to the Daily Mail.

While promoting a new line of Mac lipstick that benefits HIV and AIDS prevention, the pop singer divulged that she's currently abstaining, saying, "I'm single right now and I've chosen to be single because I don't have the time to get to know anybody. So it's OK not to have sex, it's OK to get to know people. I'm celibate. Celibacy's fine."

METRO WORLD NEWS

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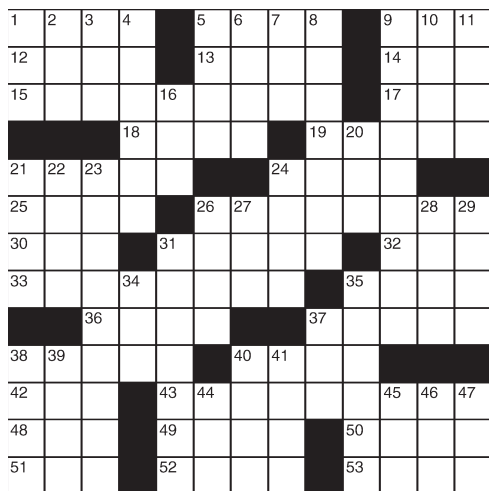
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Take Five



ACROSS

- 1 Cavern phenomenon
- 5 Detail, for short
- 9 Hooter
- 12 Mentor
- 13 Calendar quota
- 14 — constrictor
- 15 Stubborn
- 17 Tackle moguls
- 18 Tress
- 19 Old hat
- 21 React to a pun
- 24 Rickey flavoring
- 25 Red rock
- 26 Shun liquor
- 30 Officeholders
- 31 Aegean island
- 32 Geneticist's stuff (Abbr.)
- 33 Miscellaneous remnants
- 35 Abysses
- 36 Predetermines the outcome
- 37 Permissible
- 38 Quark-binding particle
- 40 Adolescent
- 42 Common Mkt.

- 43 Hurdles
- 48 Profit
- 49 Equine coloration
- 50 Relaxation
- 51 Curvy character
- 52 Taj Mahal city
- 53 "Clue" weapon

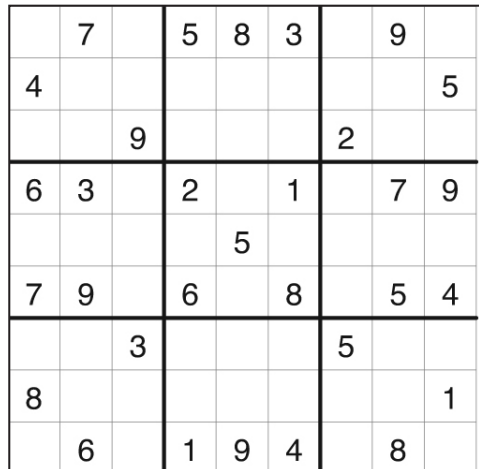
DOWN

- 1 Id counterpart
- 2 Young lion
- 3 Day fractions (Abbr.)
- 4 Expenditure
- 5 Harmonization
- 6 Pinnacle
- 7 Dine on
- 8 After-movie listings
- 9 Of childbirth
- 10 Stopped sleeping
- 11 Deposited
- 16 "And — the opposite shore will be"
- 20 I love (Lat.)
- 21 Crossword diagram, e.g.
- 22 Mysterious character
- 23 Blocks
- 24 Some summer babies
- 26 Body art, for short
- 27 Ostrich's cousin
- 28 Opposed to
- 29 Final
- 31 Mrs., in Milan
- 34 Brazilian resort city
- 35 Lobster claw
- 37 Meadow
- 38 Kelly or Autry
- 39 Dregs
- 40 Despot
- 41 Sicilian volcano
- 44 Marshy area
- 45 "The Circus of Dr. —"
- 46 Kreskin's claim
- 47 Catch sight of

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

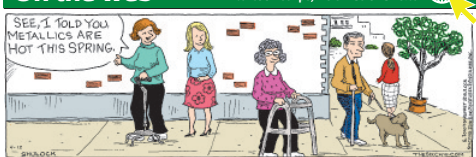


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

OREO	SSE	PAWS	4	2	9	6	1	8	7	5	3
VERBATIM	OBIT	3	1	5	9	7	4	6	2	8	
APERTURE	RELY	6	7	8	5	2	3	1	4	9	
ION	RATTLE	9	8	4	7	3	5	2	6	1	
SALEM	SINE	7	3	2	4	6	1	9	8	5	
IRAN	APTERYX	1	5	6	3	1	4	2	8	9	
DIM	IMOUT	2	9	1	8	5	7	4	3	6	
APPROPOS	BLAB	8	4	7	3	9	6	5	1	2	
ONER	JOEYS										
NECTAR	SET										
ECRU	APPETITE										
SHUN	GARROTTED										
TODD	ELY	MAINS									

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Blue Cheese Ham Wraps

- INGREDIENTS:**
- 4 flour tortillas
 - 12 thin slices deli ham
 - 4 thin slices Swiss cheese
 - 1 1/2 cups shredded lettuce
 - 1 medium tomato, diced
 - 2 hard-cooked eggs, chopped
 - 4 tsp blue cheese salad dressing

METHOD:

- On each tortilla, layer a

quarter of ham, Swiss cheese, lettuce, tomato and eggs.

- Drizzle each with 1 tsp dressing; fold in sides.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You see things in such a clear and logical way, so why can't other people? Whatever the reason you will have to spend time explaining things to them.



TAURUS
APRIL 21-MAY 21
Is money really so important? Could you survive on less? These are the kind of questions you will be asking today, but deep down you know the answers.



LIBRA
SEPT 23-OCT 23
You will be on the move today and where you end up is anyone's guess. You will discover things, about yourself and about the world around you.



SCORPIO
OCT 24-NOV 22
Money matters may not be going too well at the moment but over the next few days you will get the chance to put your financial house in order.



GEMINI
MAY 22-JUNE 21
You like a bit of excitement but by the end of the week you will be ready for a rest. The next few days will be full of fun. It's all go!



SAGITTARIUS
NOV 23-DEC 21
Hold tight because the ride you are about to take will be anything but smooth. Not that you'll care. You are a bit of a thrill seeker anyway.



CANCER
JUNE 22-JULY 22
Take a deep breath before you head out into the world. You will need a great deal of patience today, along with stamina and, of course, a sense of humour.



CAPRICORN
DEC 22-JAN 20
You may look confident to other people but deep down you have fears and worries. Today's aspects will give you the courage to deal with an important issue.



LEO
JULY 23-AUG 23
Some excellent cosmic activity makes this a time of huge potential. However, you must be clear as to your aims and ambitions. You cannot afford to be vague.



AQUARIUS
JAN 21-FEB 18
What happens today may cause you to question some of your most cherished beliefs. Aquarians don't change their views often.



VIRGO
AUG 24-SEPT 22
Get rid of things you don't really need. There are more of these than you appear to realize: things you hang on to for no good reason.



PISCES
FEB 19-MARCH 20
You are desperate to make a name for yourself and you reason that if those with less talent can do it then so can you, all you need is the opportunity.



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